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Onyx Level Blogging Examples

We have listed below several sample blog posts to illustrate the amount of content and quality of writing that you will receive with our Onyx Level. Typically posts will be 290 to 300 words in length.

Example One

Five Tips For Disaster Planning – Cloud Backups Are Key

As more business gets conducted online and companies generate exponentially larger amounts of data, the looming fear of data disasters has become a reality for virtually every organization. Here are 5 tips for securing data and minimizing the damage from disasters ranging from human error to act of god.

1. Back Up Data in the Cloud

Cloud backup keeps critical data and files available through any Internet connection. This lets the workforce maintain productivity following a disaster, and the prevention of data loss means no headaches for compliance and audit protection. Cloud technology makes it easy and affordable to ensure frequent backups or even real-time sync — saving data up to moments before the event occurred.

2. Establish a Chain of Command

In the event of disaster, who in your company has the authority to work with service providers and other partners? Like a good fire escape plan, your disaster recovery plan should address leadership and chain of command. Small businesses especially can be prevented from enacting continuity plans if only certain individuals can restore services.

3. Host Apps and Infrastructure at Geo-Redundant Locations

Geo-redundant replication ensures that your computing infrastructure and mission-critical applications can continue from an alternate location. Even if a hurricane floods your main server location, employees can continue working through a failover system.

4. Maintain Communications

Remember to vouch for email and phone systems when designing a disaster plan. Web-based and cloud-based solutions provide a safety net to prevent operational problems and productivity losses.

5. Set Expectations and Benchmarks

Outline what needs to happen following a disaster. How much money does the company lose during an outage? What operations need to be restored first? What are the minimal services for operating? Every key employee should understand what successful recovery will look like.

Every great plan starts with protecting data. Start by deciding whether you need standard online backup storage or Livedrive with file syncing and online tools.

Example Two

Newbies: More Tips to Get Your RV Ready for Winter Storage

The first year you own an RV is a great time for you and the RV. Don't need to find some other location to reside because it won't last a day anywhere inside your motor-home. All tires maintain the optimal amount of air as prescribed by the manufacturer. Fluid levels are all topped off with the best brands available. Keep that appreciation and affection going with these tips on preparing your RV for winter storage.

Items you need for winterization:

- Antifreeze specifically for winterization of RVs. It must be non-toxic and usually two or three gallons is sufficient.
- If your RV does not have one installed, you need a water heater by-pass kit.
- A flexible tank wand for cleaning out holding tanks. It is the only way to properly rinse black water holding tanks.
- You either need tubing that you can connect to the intake side of your water pump or a water pump converter kit.
- You should already have a basic set of tools that stay inside your RV. Be sure they include whatever is needed to remove drain plugs without damaging them.

The main objective is to drain all water from fresh water tanks, gray and black water holding tanks, plumbing lines, and the water heater. After draining, you close all drains and faucets and use the pump to distribute antifreeze to the lines. Without a hot water heater bypass kit, antifreeze will collect in the tank before reaching the lines.

For your first winterization, it may be worth paying a professional. You will learn some time-saving tips from them that you can use for many years ahead.

Whenever you are ready to sell that well cared for RV or move up to a larger size, RVT.com has a complete listing of new and used motor homes for every budget for sale. Selling your vehicle is easy. Visit our seller's page to find out more about our run-until-sold ad program.

Example Three

All Things Tech December News Roundup

Everything is getting more personal and tailored to the individual. From wearable technology to niche news stories to how you enjoy your music, companies want to conform to your schedule and be a part of

your daily life. This also means you need to stay sharp on protecting your data and devices. Here are the top technology news stories for November.

Individual style in wearable tech

Computers, tablets, and even smart phones are largely unisex devices that have a style of their own. But wearable technology like smart watches, smart shirts, and pint-sized smart rings need to appeal to all ages and sexes. One size does not fit all and consumers want options. This is the issue addressed by Isabelle Olsson, lead designer for Google Glass, when she recently spoke with NPR. She feels wearable technology must feel natural to become relevant on a wide scale.

Women make changes in news and technology

Olsson is not the only female leader in today's technology landscape. FastCompany spotlights a few women who left comfortable jobs with some of the world's most prominent news organizations to start their own businesses and fill a need in the information sector that is being neglected. These innovators are covering vital topics that do not rank high on click appeal, but are relevant to our daily lives.

ROLI acquires music platform JUCE

JUCE is a C++ toolkit that is widely used by the top audio companies like Pioneer, Arturia, Korg, and others. ROLI is known for their innovative Seaboard Grand keyboard. This may not mean much to casual music listeners, but it is significant to music industry professionals and those who take music seriously. TechCrunch reports it is one of the largest investments ever to purchase a music hardware company.

In addition to protecting your music files, you need safe, reliable, online backup to safeguard your photos, video files, and personal data that is essential for accomplishing your goals and working efficiently. Start your 10-day trial today and know that all of your data is easily accessible, even if your device stops working.

Example Four

RV Beginners – Upcoming RV Shows What to Expect

If you're in the market for a new RV, there's no better way to discover the array of makes and models available than at an RV show. In a single location, you'll be able to peruse an assortment of RVs perfect for meeting your needs and your budget.

Shows range in size from a few dealers to large shows with multiple dealers. Browse hassle-free and visit the dealer later, or bargain your way to a great purchase. Just be sure to ask questions! It'll likely be your largest investment.

Some RV show tips for the 2015 season:

- **Go for fun** – Whether you're ready to buy now, or it's a dream, RV shows are simply a fun way to spend the day!
- **Perform prior research** – Identifying needs, budget, and the manufacturers you'd like to research in advance can save a great deal of wasted time and energy. So can a map of the event.

- **Budget time** – A day is good, two is better. The more time you have the more you can narrow things down. Take notes and bring a camera.
- **Kick tires** – Lie in beds, sit in seats, pretend it's the real deal.
- **Consider comfort** – RV shows happen from the heat of summer to winter's chill. You'll be doing lots of walking and climbing. Choose shows, attire, and shoes carefully.
- **See speakers** – Most RV shows feature guest speakers addressing specific RV topics. Checkout the show's website for details and be sure to budget time into your day for a unique learning opportunity.

Ready to go? – There are over 20 shows across the U.S. and Canada this upcoming January alone! For a complete listing of shows across the U.S. by month and area, visit RVIA.org.

Looking for that perfect RV, but not quite ready for that new RV smell? Visit RVT.com today for a fantastic selection of used RV models.

Example Five

Save Your Bacon; Protect Your Skin from Sun Damage

The CBS Cares PSA "Save Your Bacon" cleverly warns about the dangers of unprotected sun exposure. The clip starts with a close up of a slab of bacon. As the announcer intones, "This is your skin;" a strip of bacon is peeled off and dropped into a hot frying pan. "This is your skin in the sun," the announcer says as the bacon starts to sizzle.

The risk of sun-related skin damage is increasing. Climate change is depleting the ozone layer which provides natural protection against the sun's damaging ultraviolet radiation. As the ozone layer thins, more UV rays are reaching Earth, including not only the UVA and UVB rays against which broad-spectrum sunscreens provide protection; but also UVC rays. The most dangerous form of UV radiation, UVC has only recently begun to penetrate the ozone, significantly increasing the risk of premature skin aging and skin cancer.

"Today, the sun is brighter than it has been anytime in the last four centuries," Drew Shindell of NASA's Goddard Institute for Space Studies told YouBeauty. "Additionally, the seasons have shifted—spring is longer, summer is longer and fall is longer. This means people are spending more time outdoors. All of these things combined mean season less sun protection is crucial."

Protect Your Skin

To protect your skin from premature aging and increased skin cancer-risk, wear a pretty sun hat and protective clothing when you are outdoors, apply sunscreen and practice good skin care. Physician-prescribed skin health programs can minimize the fine lines, wrinkles and age spots caused by the sun's rays.

- **Obagi Nu-Derm System** transforms skin at the cellular level, correcting skin function and resulting in skin that is noticeably smoother, firmer, and younger-looking.
- **Turo Skin for men** is a professional skin care program formulated to meet the demanding needs of active men.

Start taking better care of your skin today. Call to schedule your *free* skin consultation with licensed aesthetician (name removed).

Example Six

Maintain Healthy Blood Glucose Levels with a Balanced Diet and Nutritional Supplements

A poorly balanced diet, poor eating habits and lack of food for a brief or extended period of time can all affect your blood glucose levels. While it's normal for blood glucose levels to fluctuate through the course of the day, frequent imbalances in blood glucose levels on either the high or low side can lead to serious health concerns. Following a lifestyle that helps you maintain a healthy blood glucose level is essential if you want to avoid serious diseases like type 2 diabetes.

One of the most effective ways to keep your blood glucose levels in check is to follow a healthy, balanced diet. Avoiding over processed foods that are high in fat and sugar and incorporating more fresh fruits, vegetables and whole grains into your diet is a great first step toward healthier blood glucose levels. Eating foods in moderation and avoiding binging or lengthy periods without a healthy meal can also go a long way toward helping you achieve a blood glucose level within the normal range.

Participating in a regular exercise program is also a smart move for those that want to control their weight, manage blood glucose and ward off serious health problems like diabetes. As little as just thirty minutes of moderate exercise per day or twenty minutes of vigorous activity every other day can have great health benefits.

Anyone who wants further assistance in achieving and maintaining healthy blood glucose levels can do so with the help of a natural nutritional supplement like **Sugar Balance**. **Sugar Balance** contains a variety of powerful herbs and essential minerals that are proven to help support and maintain healthy blood glucose levels. Combining the high quality ingredients of a nutritional supplement like **Sugar Balance** with regular exercise and a healthy diet is a simple but effective way to maintain healthy blood glucose levels.

Example Seven

Material Handling Equipment Choices Make the Difference in Safety and Productivity

Effective material handling — and material these days can be anything from stone to steel — translates to efficient completion of the project, perhaps with performance bonuses attached. But inefficient material handling can slow down job progress, cause duplication of effort, detract from efficiency, and may even lead to accidents and injuries.

Most contractors think of a material handler as a variable-reach telescoping boom forklift. These machines, usually seen at many building construction sites, feature a telescoping boom and typically include forks for easy handling of materials such as block, mortar, sheetrock, and plywood. But they can also be fitted with coupler systems for many different types of attachments that can increase versatility on the job. Whether unloading materials from trucks or delivering them over the phases of a project, telehandlers continue to be what most people think of when the subject is equipment for material handling.

But there's more to material handling than telehandlers. For example, cranes are another class of material handling equipment. When heavy lifting is needed, a crane is usually preferred. That is why cranes take on

most material handling for major projects such as bridges, where the loads can be heavy, or on high-rise buildings, where telehandlers cannot offer a tall enough reach.

But whatever machinery is used for material handling, the most important element remains the operator. Safety is paramount. Remember, material handlers handle material — and to do so safely, the load must be under their complete control at all times. This necessity drives not only load handling and maneuverability but also affects cab design and control positioning.

Designing machines that an experienced operator can safely and effectively control certainly are a key consideration, particularly in these days of scarce manpower, when selecting material handling machinery. But without question, an effective merging of operator and machine will increase safety which maximizes productivity — and that always mean a better bottom line.

Example Eight

New Jersey Black Widow Spiders and Their Bites

The most venomous spider on the continent can be found right here in New Jersey: the black widow.

These scary arachnids can produce venom 15 times as poisonous as a rattlesnake, causing severe pain and sometimes worse symptoms ranging from difficulty breathing to paralysis or even death.

New Jersey residents encounter black widows often enough that everyone should know how to identify them, how to react when bitten, and when to call for spider control services to stamp out the problem.

Identifying Black Widows in New Jersey

Depending on the exact species and gender, black widows can vary in appearance. The Northern black widow—the most common variety in New Jersey—will be 1 to 1.5 inches long, with four long inner legs and four shorter outer legs. Males have white stripes and are less venomous. The females have a red hourglass shape or row of red dots on their backs.

Black Widow Bites & Symptoms

Black widows bite humans defensively, not as an attack. However, it only takes accidental contact to provoke the black widow.

Bites feel like a simple pin prick and symptoms gradually increase. Redness and pain worsen, often turning to wider spread soreness and severe nausea. Dogs, cats and other pets experience similar symptoms with a wide range of severity.

What to Do When You Encounter Black Widows

After a bite, seek medical attention for effective treatment—if untreated, the victim might experience convulsions, fainting, and paralysis. Fatal bites are rare in New Jersey, but possible. If you see a black widow inside or around your New Jersey home, call for pest control immediately! If you spot one, many more may be living around you.

Allison Pest Control services more than 5,000 homes and businesses in our area annually. Isn't it time to get service from the local NJ pest control experts? It all starts with a free pest inspection.

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