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Ruby Level Blog Writing Examples

We have listed below several sample blog posts to illustrate the amount of content and quality of writing that you will receive with Ruby Level blogs. Typically posts will be 225 to about 275 words in.

Example One

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](#).

Example Two

Don't Let Breast Cancer Ruin Your Self-Image

When you are diagnosed with breast cancer, you tell yourself, "It's just a breast. It's not ME. I will be the same, even if I lose a breast."

But if you do lose a breast, you discover the white lie behind those strong, brave words. There is a greater connection between your breasts and your self-image as a woman than you thought.

Devastating Loss

We women refuse to be defined by our breasts. Yet when faced with losing the part of our anatomy that most obviously reveals us to be female, the feeling of lost femininity can be devastating.

Many women have trouble maintaining their pre-cancer self-image when faced with the sight of ugly scar tissue where a soft, sensuous breast used to be. All too often, breast reconstruction surgery fails to restore a cancer survivor's self-confidence in her femininity.

A mound of flesh is not a breast. Realizing that a poorly reconstructed breast can deliver a lifelong blow to a woman's self-image, top plastic surgeons have begun sending their mastectomy patients to [medical tattoo experts](#) for aesthetic completion of breast reconstruction.

Amazing Recovery

At The Whitney Center for Permanent Cosmetics in New York City and New Jersey, our [medical tattoo experts](#) have worked with top New York and nationally-known plastic surgeons for years to aid breast cancer survivors and help them feel confident about their appearance after mastectomy.

Our medical tattoo artists have the long-term experience, technical expertise and exceptional artistry required to add the finishing touches to breast reconstruction — the natural-looking areola and [three-dimensional nipple](#) — that make a breast look real.

Example Three

Will In-Home Cancer Tests Be The Future?

Cancer research remains in the news keeping providers, patients, friends and family members up-to-date with current information. At [Issels®](#) website, you'll find a plethora of information about cancer treatments and cancer testing.

A piece of important news was released on August 11, 2014 of interest to doctors and patients who want, or need, to test for colon cancer. According to an article published by [HealthDay](#), the U.S. Food and Drug Administration has approved the use of an at-home colorectal cancer test based on DNA from a stool sample.

This is a giant leap forward in providing an additional option for testing besides the traditional colonoscopy or the use of fecal immunochemical testing (FIT). It was noted in a news release by director Alberto Gutierrez of the Center for Devices and Radiological Health that the test detected more cancers meaning the test exhibits a high accuracy rating due to the testing of blood and additional testing for abnormal DNA.

Another piece of good news is the U.S. Centers for Medicare and Medicaid will be reviewing the possibility of providing coverage, nationwide, of the Cologuard test for people ages 50-85 with no symptoms of the disease and those at an average risk for getting the disease.

Having the option of a noninvasive test would support the fight against the disease as more Americans would be more inclined to use it versus having an invasive colonoscopy that should be done every 10 years starting at age 50.

For information about our many services focused on the health and well-being of our patients, [contact us](#) by email, or for both patients in the U.S. and abroad, call us today.

Example Four

Five Rules for Your Upcoming Holiday Open House or Event

The holiday season is a chance to [boost the camaraderie](#) in your company by socializing outside of the workplace. Even if you hold your Holiday or New Year's party in the office, the atmosphere is more lighthearted and cheerful than businesslike.

While [holiday parties](#) are a chance for employees to have fun, they are still company functions by definition. Maintaining an appropriate balance can be tricky, but the task is easier when you do some careful planning. These tips will help you set the tone for an entertaining event.

1. Alcohol is always a hot-button topic for parties. If you're hosting the event in-house, supply only enough for each person to have one to two drinks. If the party is held at an outside venue, purchase only two drinks per person. Be sure to have a variety of non-alcoholic beverages as well.
2. Have the food catered. Pot luck is fine for casual occasions during the year, but holiday events or open houses shouldn't involve more work for your employees.
3. Plan some games and activities to give your guests opportunities to mingle. Have prizes on hand such as movie tickets or restaurant gift cards.
4. Your employees will take their cues from you. Act pleasant and gracious and they will follow suit.
5. Unfortunately, most workplaces include a troublemaker or two. Keep an eye on anyone who might cross the line and step in quickly but quietly if necessary.

Enjoy your upcoming parties secure in the knowledge that our [friendly, well-trained live operators](#) are handling your phone calls during any time of the day or night. Visit our website to learn more about our comprehensive call center services.

Want to see more samples?

Just ask us to see more samples and we'll send you links to other sites where we are blogging at the Silver Level.