

## PLEASE DO NOT PLAGIARIZE, IT'S SHAMEFUL!

Howdy People!  
Friday, September 19, 2008

I've decided to post some more samples of my work here on my website to convince you why I am the best freelance writer for your blog or website! I know I can only say so much about how versatile I am and how quick I am with my mind and fingers...and I realize now that I can only prove it with samples.

I hate nagging so I won't. But here's a friendly reminder that these articles belong to my clients and we (my clients and I) would do anything within our power to pursue action against people who plagiarize the content that I have written for them. This is meant to be a sample only.

Please respect original articles! Please respect yourself by not copying the work of others because it's SHAMEFUL.

There, sorry to be so upfront about it but I've had my fair share of angst when it comes to my stuff or my clients' stuff being copied.

Thanks for looking in and remember to contact me or keep my website url or contact handy when you're in need of a copywriter.

Cheers,  
Sincerely,  
Marsha M  
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### ARTICLE ON HOW TO DESIGN A NURSERY (SEO)

#### **Synopsis:**

Parents should pay special attention to designing a nursery for a new baby. The nursery is a place of rest for the baby. Here are some basic steps to coming up with an amazingly calming yet stimulating design for your baby's nursery.

#### **Article**

Despite the fact that most of us, new parents, have our own ideas about how the 'perfect nursery' should be, the truth is that our ideas may not be ideal for our baby. The nursery, first and foremost, is a place for rest and play for your baby, therefore, the design of the nursery should emit a calming, cozy and serene feeling.

#### **The basic steps to designing a nursery**

The first step to designing a suitable nursery for your baby is to start with the walls, flooring, carpeting (if any), and the ambience of the nursery. Details like

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location of furniture, location of furniture, cabinets and decorations should be dealt with thereafter.

Once you've decided on these things, get down to choosing the furniture, shelves, changing tables, diaper racks, closet and cabinets to keep the toys. Don't forget to include, in your nursery design, a space for yourself, the parent! Remember, during the early days, you may have to spend a large amount of your time in the nursery.

The general location of the furniture will help you decide on the lighting for the nursery. For instance, you might want to bring in a small night light near the baby's crib. Perhaps, a reading light might be a good idea too - just right beside a lounging chair. This is where you and your baby can spend some time bonding with each other through reading. With regards to the lighting in a nursery, parents should remember to make it as modifiable as possible. You may need to make slight changes to the layout and lighting of the nursery as your baby grows. Consider using lights with adjustable brightness controllers.

### **A design theme for the nursery**

Instead of sticking to the light blue (baby boy) and light pink (baby girl) theme, why not think of a more contemporary theme for the nursery? For instance, bright lime green spurs the imagination of the baby. Remember, babies don't see much color at that young age but they do detect brightness and dullness of color. As an example, a well-known nursery designer decided to use dark colors for a nursery because darker colors emit a very cozy feeling, making sleep easier. Yellow seems to be an extremely popular nursery design color recently because yellow (depending on the hue) is versatile, bright and evokes a very dreamy feel. The yellow theme is unisex too, therefore, parents can start decorating and designing the nursery even before the baby is born.

### **Conclusion: The design of the nursery makes a world of different to your baby and you**

Although the design of the nursery may seem like a trivial matter to some, experts in child psychology remind parents that infancy is an extremely formative time. A nursery theme that encourages sleep, play and comfort will help nurture a child who is well-rested, emotionally stable, calm, confident and creative.

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## **ARTICLE ON SHOULDER ICE PACK (INFORMATIONAL)**

Every sportsman knows that the way to heal injured muscles is with RICE. RICE stands for Rest, Ice, Compression and Elevation. When the muscles receive these treatments, they heal faster and without much fuss. One of the ways to help promote faster healing is to refrain from activity, apply a shoulder ice pack over the site of injury, compress the area and keep the limb or affected area in an elevated state for as much of the time as possible.

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The most important thing, for sportsmen, is to keep disability time down to the bare minimum because they will need to get back into the swing of things as quickly as possible. A shoulder ice pack can help bring down swelling, and relax the injured, stressed, sprained or strained arm or shoulder quickly, efficiently and conveniently. Most coaches and personal trainers keep a shoulder ice pack ready for use and carry them around for training – just in case their sportsmen needs them.

When using the cooler wraps, there's no need to keep out of activity or remain immobile all the time. They can wrap and secure it around the site of injury very easily, and it won't slip. However, it is important that the patient does not overstress or overuse that muscles that have been injured. Not only will that aggravate the injured muscle(s), ligament(s) or tendon(s), it might cause injury to other areas of the body as well because the heightened demand on other muscles puts stress on them.

With the advancement of technology, there's no need to struggle with conventional ice, elastic bandages and there's no immobility involved. A sport tool like this is easy-to-use, and with its open-and-apply method of application, anyone can learn how to use it and apply it to their injury site within minutes! In fact, some of the more advanced types of cold bags come with their own carrying case, insulation bags and battery packs. This is so that the cold bags can be used just about anytime, anywhere! This is a worthwhile investment for an athlete because they can keep on the move and be prepared for any injury knowing that they have something like this handy whenever they need it. These cold bags will last you a long time and does not need to be maintained. Proper cleaning and safekeeping of the product is all that is needed to ensure optimal functioning of the cold bags for as long as possible.

Sportsmen like tennis players, baseball players, squash players and other sportsmen who use their hands and swing their arms aggressively during the game risks injuring their shoulder muscles in one way or the other, if they do not take care of their body. Baseball players often use these cooler bags to help heal the 'dead arm' syndrome – a term commonly used in the baseball sports circuit. When application of cooler bags is applied to the injured muscle, there is an instant pain relief and the muscle relaxes. It is advisable to keep the shoulder ice pack in position for at least 20 to 30 minutes. Remove the shoulder ice pack and do this every 3 or 4 hours for 4 days continuously or until the pain subsides.

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### **SAMPLE BLOG ARTICLE FOR A BUS BLOG (SEO)**

#### **Outdoor Outdoor for this charter bus trip to Colorado Springs**

After having visited Sedona, I thought nothing else could beat that – seriously. How else would you explain the fact that every other charter bus trips I made after visiting Sedona pales in comparison to it? But the charter bus trip to Colorado Springs was SOMETHING ELSE, I tell you! It stands right there, in the front line, as one of the best charter bus destinations that I have ever taken...and I have taken many charter bus trips, for your information.

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Anyway, since I wanted this charter bus trip to be something different, I decided to do everything that I've never done before – go outdoors instead of just leading the charter bus to museums and art centers. No doubt, there are many in Colorado Springs, but not this time.

I strolled along Palmer Park and Seven Falls which offered really impressive scenery but nothing beats my experience at Garden of the Gods! I took the charter bus there by chance, actually, because I didn't know where else to go so the charter bus driver was the one who suggested Garden of the Gods - I mean, what does an indoor person like me know about gardens? Zilch. Now, this was the time for me to connect with nature and this...I did.

Breathtaking scenery was the backdrop with me as the object. I was shutter happy for the entire day. For a change, I also took the charter bus to the Cheyenne Mountain Zoo. Amidst squealing kids, I totally enjoyed myself in this amazingly clean and well—organized zoo that has many different animals being exhibited!

With all that outdoor activities going on during this charter bus trip to Colorado Springs, I need to wind down during the night. During YOUR charter bus trip to Colorado Springs, get yourself to this authentic Irish Pub called Jack Quinn's. Not only will you get the chance to sample traditional Irish brew, the Irish food, I swear, will leave you begging for more!

All in all, I have already started planning my next charter bus trip to Colorado Springs. Care to join me?