Let $r$ be a real function in a neighborhood of the origin in $\mathbb{C}^n$ with $r(0) = 0$ and $dr(0) \neq 0$. Let $I$ be an ideal of germs of holomorphic functions at $0 \in \mathbb{C}^n$ and let $V = V(I)$ be the variety defined by $I$. The purpose of this talk is to present explicit constructions of ideals $I$ so that the order of contact of $V$ with $\{r = 0\}$ is high when the ideal type of $0$ is large. The motivation for this is to study the D’Angelo type and generalizations of the Diederich-Fornaess theorem in connection with subelliptic estimates for the $\bar{\partial}$-Neumann problem on $r \leq 0$ and for $\Box_b$ on $r = 0$. (Received July 30, 2007)