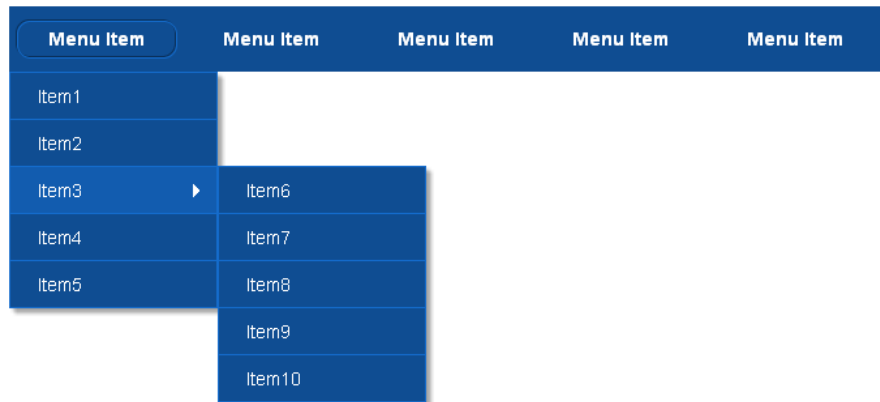This is an example of horizontal navigation. The main menu items are to the right and left of each other at the top of the web page.

This is an example of vertical navigation. The main menu items are above and below each other on the side of the web page.