```php
<?php
    include ("class_lib.php");
    session_start();
    if (!isset($_SESSION['myContent'])) {
        $_SESSION['myContent'] = new pgContent;
        $_SESSION['myContent']->load_menu();
    }
    if (isset($_REQUEST['p'])) {
        $_SESSION['myContent']->PageProcess($_REQUEST['p']);
    }

?>
<head>
<meta http-equiv='Content-Type' content='text/html; charset=utf-8' />
<title>David Vernon</title>
<link href='style.css' rel='stylesheet' type='text/css' />
<script type="text/JavaScript">
<!--
function timedRefresh(timeoutPeriod) {
    setTimeout("location.reload(true);",timeoutPeriod);
}
//  -->
</script>
</head>
<body bgcolor='<?php echo $_SESSION['myContent']->bgColor; ?>'>
  <div id='container'>
    <div id='header'><?php include("header.php"); ?></div>
    <div id='navigation' class='menu-<?php echo $_SESSION['myContent']->mStyle; ?>'>
        <?php include("menu.php"); ?>
    </div>
    <div id='content' align='left'>
            <?php include($_SESSION['myContent']->pURL); ?>
    </div>
    <div id='footer'>
      <?php include("footer.php"); ?>
    </div>
  </div>
</body>
</html>
```