function sendMessage() {

    const name = document.getElementById('name').value;

    const email = document.getElementById('email').value;

    const message = document.getElementById('message').value;

    alert(`Thank you, ${name}! Your message has been sent:\n\nEmail: ${email}\nMessage: ${message}`);

    // You can add more logic here to send the message to a server or perform additional actions.

  }

  // Show the selected frame when clicking on the navigation links

  const navLinks = document.querySelectorAll('nav a');

  const frames = document.querySelectorAll('.frame');

  navLinks.forEach((link) => {

    link.addEventListener('click', (event) => {

      event.preventDefault();

      const targetFrame = document.querySelector(link.getAttribute('href'));

      frames.forEach((frame) => frame.style.display = 'none');

      targetFrame.style.display = 'block';

    });

  });