

Website design process.

Preparation.

Just as every project and/or business venture is unique with many variables, so is your website. One of the challenging opportunities that comes with creating a website, is not only to create a pleasing graphical interface, but also in organizing the content in an efficient and *easily accessible structure*. Text and pictures forms the vehicle of communication that is crucial to your your site's success. It is therefore important to take some time to plan carefully. This will greatly facilitate the creation process on our end and also enable us to estimate the design cost. Some things to consider includes:

- Take a look at some sites that offer similar services for inspiration and to get an idea of *how many pages* you will need.
- Define for yourself in a paragraph the *overall goal/purpose* of your site.
- Who is your *customers/audience*?
- Any special *photos/images/artwork* that you want to use?
- Do you need a *logo*?
- Do you need any *interaction/communication* with your audience?
- Do you need any *multi-media* features (slideshow, video, audio)?
- Will you be *selling* anything on your site?
- Research domain hosts or let us help you.

Creation.

- When you have an idea of how many pages you approximately will need and a short outline of you site's goal/content, fill in the **free estimate** form and send it to us.
- We will then estimate the design cost based on this information and give you a price and an estimated time of completion.
- After you accept the price, a deposit of 50% of the total sum will be required.
- Now we are ready to start creating! We will send you a proposal/mock-up of the homepage (or several alternatives) and any other pages as needed.
- Upon completion, the balance of the design cost is due. Everything will be uploaded to your specified web host and you're good to go!

Website design prices.

The unique quality and requirements of your business and/or project will naturally influence the complexity of the website design and thus the price. Some things that will influence the price are:

- amount of text/pages.
- amount of images and whether using stockphoto (which needs to be purchased) or your own supplied photos.
- custom artwork; graphic elements, logos, illustrations etc.
- interactive forms and javascript.
- multi-media; flash design, video/audio, animation etc.
- e-commerce features.

Average Webdesign Costs.

Pages	Cost
1-5	\$199-495
5-10	\$495-849
10-15	\$849-1195
15-20	\$1195-1599
20-30	\$1599-2399
30+	\$79/page

For a free design estimate (no obligation), please fill out the [webdesign estimate](#) form now!

Website Maintenance.

If time is a commodity in your life, we are here to also assist you with keeping your website updated and up to "snuff". If you are reading this you may have realized that maintenance of a site and how to best do it can take up much of your time.

AIA Design offers this service at \$35/hour. You can have an update done as you need it, or have us maintain it on a regular basis.

COOKING

as a *Community Service*



HOME



ABOUT

COOKING

LINKS

"A Big Welcome to everyone who enters.
May you enter in peace and leave with joy."

This is one of my favorite sayings that I have by my front door. I hope you feel the same way when you leave. This site was created for the purpose of being able to give. To give back to life so that I may receive the abundance of this wonderful world. To help others heal themselves through one of the most sacred things; **FOOD**.

Ok, now that I have been philosophical let's talk about what really happens on this site. I cover food from the ground up. How it affects the world and the people in it. But the most exciting wonder is "**How to prepare it**". How to keep the taste and nutrition valve for a peak sensation and satisfaction. How to **create health**.

As a community service I give to you the most enjoyable and educational class on how to cook and not cook your food. Each class is custom designed for you and your groups interest. I can take the ordinary and help make it extraordinary. I educate on where food comes from, **how to shop** for it and how it affects the world. Then **how to prepare** it to give you the most wonderful experience. I then leave you with **techniques** that will last a life time.

Since this is community service I do not charge for the class, of course not. But all the expenses are covered by the group or individual asking me to create in their eating space. The bottom line is that "**I enjoy giving to you**".

Just click below to contact me for more information or to discuss your project! I am looking forward to creating with you!

Ena Mackey



" Whenever we cook for others, we are making a statement to them. If what we prepare and present to our family and guests is attractive, tasty, and health-supporting, we are saying that we want them to be well and happy, to feel nurtured and strengthened.

When we offer cuisine that is made from wholesome and natural ingredients, we are saying that we want them to have all the energy they need in order to make every aspect of their lives richer. We are saying that we honor them."

John Robbins



home



about



for you



children



links



contact

COOKING

A COMMUNITY SERVICE



share.
create.
naturally.

This site has been created for the purpose of being able to give. To help people heal themselves through one of the most sacred of things;

FOOD.

I cover food from the ground up.

How it affects the body and the world we live in.

How to shop for it.

How to best store it.

How to prepare it to keep nutrition and taste at peak value and satisfaction.

How to create health.

Classes are given free of charge, however all expenses are covered by the participants.

Bottom line; I enjoy sharing and giving to you!

Contact me for more info and / or to discuss your project. I am looking forward to creating with you!

Ena Mackey

Want some inspiration to get started?
Check out this site: www.foodnetwork.com



QUALITY. RELIABILITY. INNOVATION



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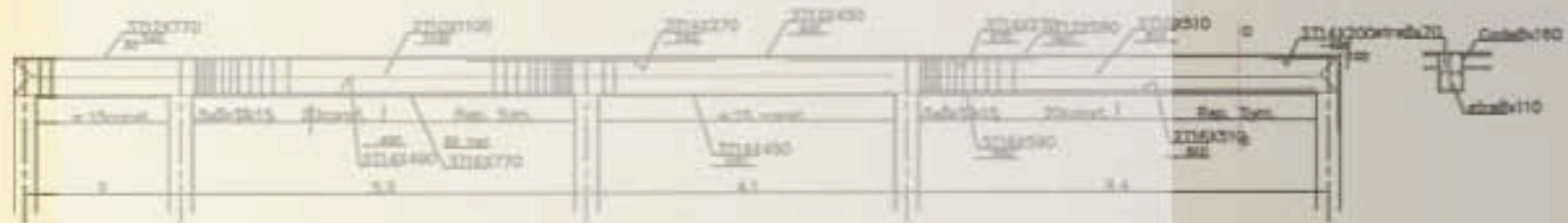
[contact](#)

Laggoune design offers discerning clients professional services within the areas of **conceptual construction design** and **architectural** and **technical drafting**. Building **inspection** and **management** of construction projects are also offered.



With 27 + years of experience in the field, our clients can be assured quality of craftsmanship, meticulous attention to detail and high integrity. Projects have included residential designs as well as a variety of commercial projects such as schools, hospitals, apartments and other official buildings.

Laggoune Design specializes in **reinforced concrete** construction, but aim to increasingly promote projects utilizing energy efficient and cost effective techniques such as for example, **compressed earthblock**.



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Site created by AIA Design



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CELEBRATE!

Join me in the celebration
of studio IlluSong's new
home on the web!

15 % OFF
Your first order!

Welcome!

Studio IlluSong offers you a unique collection of colorful, inspirational, greeting cards, e-cards, giclee' prints and bookmarks.

This site is under dynamic construction and so I ask you to pardon the "dust"! Most pages are already up and running but a few functions are not yet activated.

May these images and thoughts with their musing, inspiration as well as sometimes aspiration of my own journey in life, bring something that you may take with you in yours...Maybe a notion or reflection of a lighter way of living, a quiet recognition of what is truly important, beyond the busyness of our daily lives...In celebration of coming to know a truer, fuller life...

So come on in and take a peek at the on-line gallery! Get yourself inspired to brighten someone's day (or your own)! Enjoy your visit and check back soon again and / or sign the guestbook and I will notify you when new images are added to the collection! (for now just send me an e-mail)

Click on an image to get started or use a link!

Have a really great Day!

Amvika



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Choice and Consciousness

Excerpt from Christopher Day's book; Spirit and Place

spiral...

"The curve described by the earth as it turns is a spiral, and the pattern of moving about the sun...

The solar system itself being part of a spiral galaxy also describes a spiral in its movement...

Even for the case of circular movements, when one adds in the passage of time, the total path is a spiral...

The myriad things are constantly moving in a spiral pattern...

we live within that spiral movement."

Hiroshi Nakamura

nature...

is regulated by self-corrective processes.

These include famine and disaster, so aren't always good for us. We use technology - but what is good for us isn't necessarily good for nature. To improve things both for humanity *and* nature, we need a new way of thinking - natural-process-aligned, but morally inspired, so consciously directed. Human action *used* to be led by spiritual values - albeit narrow and distorted by dogma. Values stemmed from reverence for the God-given, but actions were habitual and prescriptive.

In this post-moral-formula age, with technology giving humans the power to play God, we need spiritual wisdom, as never before.

Spiritual doesn't mean airy-fairy. It's about how spiritual values inform practical work in the world of solid matter. How else can we grow a future to look forward to. It is *this*, not isolated material solutions, nor mystical opting-out, that is the fundamental challenge of our times.

Spiritual traditions arise from deep insights; *knowing*, rather than knowing *about*. Sound foundations - but how can we make them relevant to *where* and *how* we live *now*?

Unlike our grandparents, we're free to determine our own values and path through life. Free to try to get, be, and do almost whatever we want - bringing issues of responsibility to the fore. These very freedoms sever us from the blind, but inevitably appropriate, habits and conventions of the past. So dislocated is modern life from the rhythms and constraints of nature that we can't connect to the old ways of looking at the world. *We have to find a new way.* One which both reconnects to the source and wholeness of life, *and* nurtures freedom of spirit. A *new* Western way, healing to individuals, society, place and planet...

circle...

"Everything the Power of the World does is done in a circle...

The wind, in its greatest power, whirls...

The life of a man is a circle from childhood to childhood, and so is everything where power moves. Our teepees where round like the nests of birds, and these where always set in circle, the nation's hoop, a nest of many nests..."

Black Elk

Bright Light Agenda

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080301

Finally the new BLA site is up and running

080302

New gig at Hemavan Music Festival

