Template looks okay, ease off on the embossing. I would say you are going slightly overboard with it. Simple never hurt.

Slicing is the process of cutting up an image into managables sizes, allow better navigation, cutting down load time and easy integration with tables.

I use Macromedia Fireworks MX 2004 to do slicing. You can also do this in Photoshop or Imageready to name a few.