

From: "J. Jerrald Hayes" <jhayes@paradigm-360.com>
Date: September 5, 2006 1:27:54 PM EDT
To: Terry Ahern <tahern@askcoachterry.com>
Subject: Re: 07-29-06

Terry

You need to make up your mind what you want to do with your website. I sent you an email back on March 6th telling you my position and I extended to you as gracious and as generous an offer regarding how you could pay for the continuing maintenance and upkeep of your site. I now feel like I've really been yanked around. After emailing you back in March I continued on with the work on your site coding in and uploading three more shows and I have faithfully continued to archive and install all the shows Becker has sent since then awaiting your instructions as to how to label and describe them.

And even with that I didn't hear anything from you at all from you for at least a month after I sent you that email and then again months after that in a phone conversation last spring you said something about sending a check rather than using Paypal and nothing ever came of that. Then again back on July 30th I get an email from you saying "We are starting the podcasts again...." but hear nothing about any kind of payment. As you may have noticed while I updated your past programs page on our system here see the attached PDF: Coach Terry's Guide to Past Radio Programs-Archived.pdf) I didn't upload the page to your server.

You'll recall that in the March 6th email I pointed out to you that your initial website design and set up was provided to you as a discount based on your friendship with my brother saving you several hundred dollars and then again later on when you failed to take the steps to secure your CoachTerry.com rights from the fellow who had the name I got you up and going again with a new domain name AskCoachTerry.com on a new server all for nothing. And even then again since that time I have done all this podcast publication for for nothing too.

Since you are such a small client to me I extended to you an incredibly generous payment proposal giving you the flexibility to decide what you wanted to pay for paradigm-360 services of updating and maintaining your site. I didn't send you a bill. I didn't send you a number and say this is what it will cost. I gave you the option to pay me what you felt it was worth to you and what you could afford and you have for all intents and purposes ignored that offer. If running a website and publishing your shows as podcasts is too rich a business expense then it time to just drop this rather than having me waste my time working on your site.

The attachments show the past programs page as it stands right now to the general public on the web (Coach Terry's Guide to Past Radio Programs.pdf) and the working copy on my machine here with all the programs you have sent installed and ready to go awaiting show description copy (Coach Terry's Guide to Past Radio Programs-Archived.pdf). If you are going to continue on with your website (in addition to deciding what you want to pay for that service) you will have to provide the copy for those shows that have no descriptions.

Listen, you have to make up your mind what you want to do. With no help from you I've spent a lot of money these past six months upgrading computers and software here to serve all my clients better and I can't let you ride anymore on the backs of what those good clients of mine are paying for.

Jerrald Hayes
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"None of us is as smart as all of us."- Warren Bennis



The Second Opinion Show

with

Coach Terry Ahern, MSS



on

KHMO AM 1070 Hannibal Missouri and

KPCR AM 1530 Bowling Green, Missouri

















8:00AM -9:00AM Saturdays

Email The Coach: TAhern@AskCoachTerry.com

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Some of What We've Talked About On The Second Opinion Show

Podcasts of some recent shows:

-  • [SecondOpinion_090206.mp3](#) **Saturday, September 2, 2006**
-  • [SecondOpinion_082606.mp3](#) **Saturday, August 26, 2006**
-  • [SecondOpinion_081906.mp3](#) **Saturday, August 19, 2006**
-  • [SecondOpinion_081206.mp3](#) **Saturday, August 12, 2006**
-  • [Knee Injuries and Surgeries...what to do? Saturday, July 29, 2006](#) The coach discusses with guest Dr. Chris Main, an orthopedic surgeon, on the aspects of knee injuries from the time of the injury to the surgery and then to recovery. Plus guest Wendy Brumbaugh talks with the coach on the upcoming "Relay for Life" events in Shelby County and around the nation!
-  • [SecondOpinion_071506.mp3](#) **Saturday, July 15, 2006**
-  • [SecondOpinion_070806.mp3](#) **Saturday, July 8, 2006**
-  • [SecondOpinion_062406.mp3](#) **Saturday, June 24, 2006**
-  • [SecondOpinion_061706.mp3](#) **Saturday, June 17, 2006**
-  • [SecondOpinion_060306.mp3](#) **Saturday, June 3, 2006**
-  • [SecondOpinion_052006.mp3](#) **Saturday, May 20, 2006**
-  • [SecondOpinion_051306.mp3](#) **Saturday, May 13, 2006**
-  • [SecondOpinion_050606.mp3](#) **Saturday, May 6, 2006**
-  • [SecondOpinion_042906.mp3](#) **Saturday, April 29, 2006**
-  • [SecondOpinion_042206.mp3](#) **Saturday, April 22, 2006**
-  • [We continue with the 21 tips to zap cravings, plus can you afford to get sick? Saturday, April 15, 2006](#) The coach discusses those tips and the current problems with health costs with KHMO news



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Some of What We've Talked About On The Second Opinion Show

Podcasts of some recent shows:

-  **We continue with the 21 tips to zap cravings, plus can you afford to get sick? Saturday, April 15, 2006** The coach discusses those tips and the current problems with health costs with KHMO news guy, Jim Terry. Plus more health news.
-  **How to fight Morbid Obesity without surgery and the top 21 tips to zap those cravings. Saturday, April 8, 2006** The coach discusses that exercise is the best way to combat obesity and much more!
-  **What do Americans think about Aging Saturday, April 1, 2006** Health, and preventive care. Plus, some effective ways to to get your best body. The coach discusses these topics and more in his first program after a three week absence.
-  **What your doctor won't tell you. An inside guide to better treatment. Plus, warnings on student athletes and what they are doing to their bodies. Saturday, March 4, 2006** The coach discusses some of what questions should be asked at your Dr's visit and how you should stay on top of what your child is doing with their body while participating in school.
-  **Personal Trainers, Are they really qualified? How do you know if they are? What is the certification process?" Saturday, February 25, 2006** These are just some of the questions the coach discusses about the industry of personal training.
-  **Cortisol...Is it the bad boy for obesity, or not? plus, The Mangosteen fruit, is it the cure for all diseases? Saturday, February 18, 2006** The coach discusses the stress hormone, cortisol, the Mangosteen fruit, and revisits the top ten Trans fat foods. Plus more.
-  **Adolescent and Adult Diet Facts and Figures from the CDC plus Trans Fat and How to Live Longer and Better, Saturday, February 11, 2006.** The coach discusses what you can do to improve your child's diet plus how to live longer and better. Facts from parade magazine and what is trans fat?
-  **Teenage Wellness and what parents can do to help. Saturday, February 4, 2006** The coach discusses tips on what parents can do to help combat teenage obesity and the top best foods to eat!
-  **Health Stuff! Saturday, January 28, 2006** That's right, the coach discusses aspirin, more medical facts and fictions, takes listeners phone calls and the top ten healthier ways for a better living.
-  **National Healthcare....a need or not a need, that is the question? Saturday, January 21, 2006** The coach discusses the pros and cons of this debate with Dr. Eli Goodman and KHMO radios', Jim

On Jul 30, 2006, at 10:49 AM, tahern@askcoachterry.com wrote:

J. We are starting the podcasts again. I am sending the info for this weeks show. I am only going to select a couple more to put on from the previous shows that you have in the file that is untitled. They will come when I decide which ones I want.

07-29-06: Title: "Knee Injuries and Surgeries...what to do?" The coach discusses with guest Dr. Chris Main, an orthopedic surgeon, on the aspects of knee injuries from the time of the injury to the surgery and then to recovery. Plus guest Wendy Brumbaugh talks with the coach on the upcoming "Relay for Life" events in Shelby County and around the nation!

Thanks, Terry