



UNITARIAN UNIVERSALIST
SOCIETY OF LACONIA

Artificial Intelligence Explained

A Lecture for Curious Minds

October 13, 2026

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Moultonboro, NH

WIFI Password:

This presentation explains the basics of Artificial Intelligence along with some demonstrations. It is intended for a general audience with AI experience ranging from very little to moderate use. The content was produced in collaboration with many AI tools. The deck moves through four parts: what AI is and how it actually works behind the scenes; how to talk to it so you get useful answers, including context, follow-up questions and responsible use; a long sampler of everyday tasks and finally the take-aways, with extra demos and background material at the end for anyone who wants to go further. The through-line is simple: AI is a capable, tireless assistant that is sometimes wrong, so use it to think faster and understand more, and verify anything that matters. About these notes - most slides carry a written note like this one. Read the notes in order if you want the full arc, or jump straight to the topics that match your own life - each one stands alone. The best way to learn any of this is to try it: pick one example that interests you, open an AI tool, and repeat it with your own question.

AI Responds to Context



2 Notice the four basic AI skills: give context, specify the result, continue the conversation, and correct it.

Before we dive deep, let's have some fun with AI's interactive side! This quick demo showcases AI's voice capabilities and incredible flexibility. We'll invite an audience member (or you, the reader, can imagine it!) to suggest a hobby – such as birdwatching or knitting. Watch (or imagine) as we then ask the AI to: Identify three essential beginner skills for that hobby. Uncover two advanced skills even experts pursue. Re-deliver that advice with a humorous twist. Present it again, this time with Shakespearean flair! This simple exercise demonstrates how AI can converse, adapt its tone, and deliver diverse, creative responses on the fly – a truly engaging way to kick off our exploration of "Artificial Intelligence Explained."

The key insight is that AI is flexible and interactive. Its responses are shaped by how questions are asked and how follow-up instructions are given. This shows that AI works best as a conversational tool, setting the foundation for later discussions about prompting, context, and refinement

Trunkated Wisdom

AI Through Elephant Eyes

One bite at a time

A taste of possibilities

Blindfolded perception

AI perspectives

Elephant in the room

Risks and rewards

*Questions welcome
at any time*



Learning about Artificial Intelligence can feel like encountering an elephant – vast, complex, and sometimes intimidating. We'll explore three fitting metaphors today: "How do you eat an elephant? One bite at a time." AI is too broad to grasp all at once. This presentation focuses on taking a manageable first bite: understanding foundational concepts and practical applications. The parable of the blindfolded men: Like those feeling parts of the elephant (leg as a tree, trunk as a snake), people often see AI only through their experiences. Today, we'll primarily focus on Generative AI – conversing with AI tools – but we'll acknowledge its many diverse forms. The "elephant in the room": AI is undeniably here, and it's both exciting and daunting. While it offers solutions to global challenges, it also introduces new complexities and threats. We'll address these critical considerations, including potential pitfalls and safeguards, throughout our discussion.

Not Born Yesterday

'70s: Expert Systems

- Medical diagnosis

'80s: Neural Awakening

- Pattern recognition

'90s: Game-Changing AI

- Deep Blue beats World Chess Champion

'00s: Data Revolution

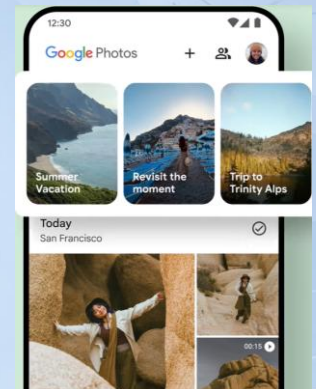
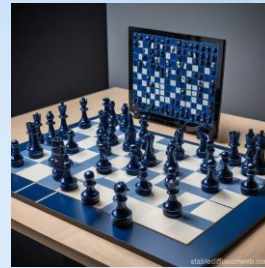
- Big data – Product Recommendations

'10s: Deep Learning Boom

- Image recognition, language, autonomy

'20s: Generative Agentic AI Trend

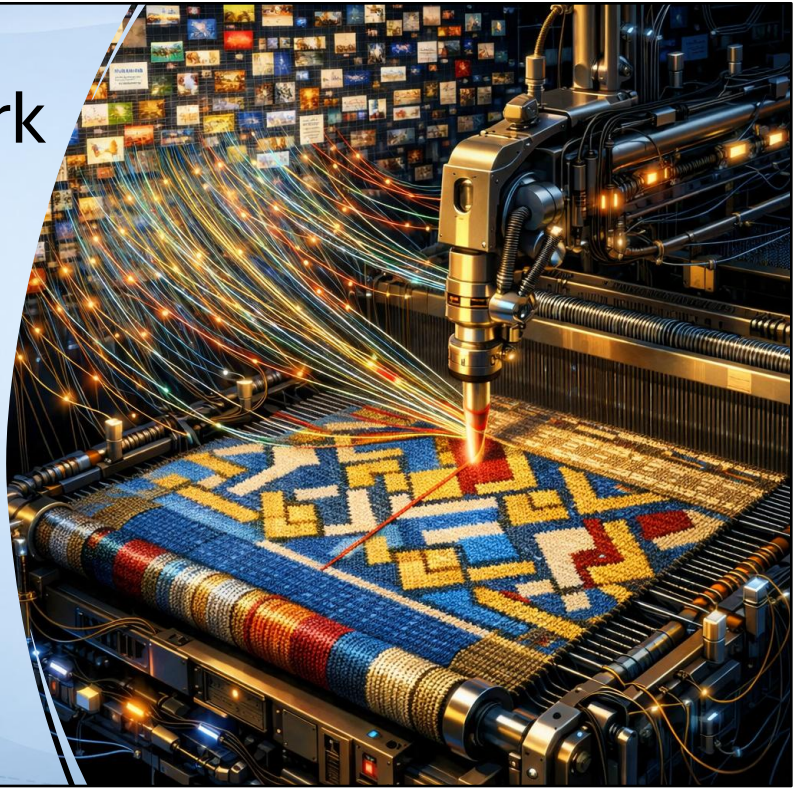
- Conversational, pervasive and evolving



While today's AI feels revolutionary, its roots stretch back decades. In the '70s, early AI models predicted medical treatments, like specific antibiotics for bacteria. The '80s brought advances in pattern recognition, where cameras and AI detected manufacturing flaws. A major milestone arrived in the '90s when IBM's Deep Blue famously defeated chess grandmaster Garry Kasparov, demonstrating AI's learning capability. The 2000s were defined by "big data," leveraging massive datasets to train AI for sophisticated pattern detection, fueling the rise of ubiquitous recommendation engines. The 2010s saw breakthroughs in image recognition (think searching for photos of your dog!), natural language understanding, and early autonomy, paving the way for self-driving cars. Now, in the mid-2020s, conversational AI and powerful agentic systems are front and center. As President Biden famously stated in his 2025 outgoing speech, "Artificial Intelligence is arguably the most consequential technology of our time, perhaps of all time."

How Does AI Work

- Trained with prior examples
- Fetches new content
- Understands language
- Predictive pattern stitching
- Context driven
- Custom responses



AI's widespread accessibility is fueled by faster, cheaper computing. Modern AI systems are trained by learning from large numbers of prior examples, such as text, images, or patterns found in data. Instead of following fixed rules, AI learns how things tend to go together and uses that experience to respond to new questions. AI is especially good at understanding human language. It looks at the words you use, the order they appear in, and the surrounding context to interpret meaning rather than just matching keywords. At its core, AI works by predicting what comes next — the most likely word, idea, or pattern based on what it has learned. It does not “think” or “understand” like a human, but it can produce useful results by stitching together patterns quickly. Responses are highly context-driven. The clearer your question and instructions, the better the output. This is why the same AI can produce very different answers to different users asking similar questions. While primarily cloud-based, AI can also run on company servers and even local PCs and phones for dedicated tasks.

Audience Participation Demo

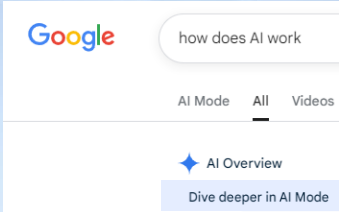
Audience Participation!

Search for Gemini AI –
click into it

PROMPT: Generate a
slogan, 10 words or less,
for the UUSL or Laconia.
(Make it funny, serious,
sarcastic, your choice)

It is your turn to try. Bring up an AI application on your phone or in a browser, and click on the link, bringing up Gemini. Generate a short slogan of your choosing for your town or organization. Your style, your context. Keep it short – like 5 to 10 words.





AI is All Around Us!

- Search AI overview
- Social content feeds
- Smart speakers
- Navigation and travel
- Office and productivity tools
- Music and home automation
- Autonomous driving











1B+ Use AI Chat tools Weekly!

If you use the internet to any degree, you are already exposed to AI as part of your day-to-day activities. In the background, search engines, social media feeds, product recommendations, spam filters, fraud detection and online advertising applications make heavy use of AI. At a more personal level, smart speakers, such as Google's Nest, Amazon's Alexa or Apple's Siri keep getting better at answering our questions and carrying out our instructions. Our search engines are giving us the option to dig deeper into the web pages we visit. Facebook is providing a summary of the hundreds of comments that may have been written to a posting. Anti-virus filters and bank fraud alerts are examples of AI used in security. These are all examples of AI produced content. But the tools that we are talking about today go beyond that.

Easy and Inexpensive to Use

- **Free** or low cost (\$8-20 / month)
- Designed for general purpose tasks
- Easy to get started
- Run on browser or installed app
- Rapid advancements
- Over 1 billion weekly users

chatgpt.com



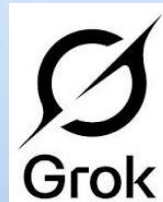
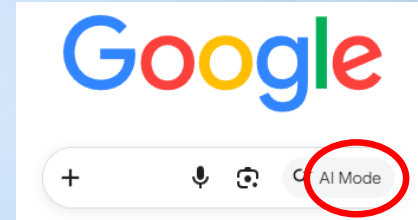
gemini.google.com



claude.ai



muse.ai



grok.com



copilot.microsoft.com

Personal AI tools are widely available, affordable, and designed for everyday use. They are accessed through a web browser, phone app or Office application, offer free versions, and provide low-cost subscriptions for advanced features. Getting started typically takes minutes, not hours. These tools are general-purpose assistants rather than specialized software. They help with writing, planning, research, creativity, learning, and problem-solving across many topics. Because they improve rapidly and release new features frequently, experimentation is encouraged. Several major platforms lead the space, each with slightly different strengths, but the core experience is similar: conversational interaction guided by user input. The most important factor in usefulness is not the tool itself, but how clearly the user communicates goals, context, and expectations. The easiest way to start is to click on the AI Mode button on the Google Search bar. The takeaway is simple: personal AI tools are easy to try, low risk for everyday tasks, and increasingly part of how people work and learn.

How People Use AI



Writing - Letters, emails, stories, editing



Planning - Trips, projects, decisions, schedules



Research - Discover with personalized context and depth



Organizing - Files, lists, information, ideas



Brainstorming - Challenge, expand, refine your thinking

People use AI because it gets them quicker to their goal. One of the most common uses is writing, whether that's drafting letters and emails, shaping a story, or editing something that already exists. Planning is another, helping people think through trips, projects, decisions, and schedules without starting from a blank page. AI also supports research by letting people explore a topic with personalized context and go as deep or as broad as they need. It helps with organizing files, lists, information, and ideas so that everything is easier to find and use. Finally, it's a strong brainstorming partner that can challenge, expand, and refine your thinking. Overall, AI is a practical tool that helps people work smarter, learn more easily, and stay engaged.

Looking Deeper

Media 	Create, analyze, and edit documents, images, audio, and video
Research 	Investigate questions, compare sources, and explain findings.
Projects 	Ongoing AI workspaces that retain and build knowledge
Agents 	Connects to services and acts on your behalf
Settings 	Customize tone, detail, preferences, and personal context.

AI can evolve from answering questions to becoming a tool for sustained work.

Files & Media: Upload documents, spreadsheets, photos or other files. AI can summarize, compare, extract information, create new content and improve existing material.

Deep Research: Ask AI to investigate a subject, search multiple sources, compare findings and produce a report with references you can verify.

Projects: Organize ongoing activities in dedicated workspaces. AI retains important context, builds on previous work and helps manage complex tasks over time.

Agents: Move beyond answering questions. AI can use connected tools, websites, email, calendars and files to perform multistep tasks on your behalf, with appropriate permissions.

Settings: Personalize how AI works with you. Adjust tone, style and detail, and provide background information and preferences that make future responses more relevant.

Shaping AI for Better Results

More context = better results



Start with the goal



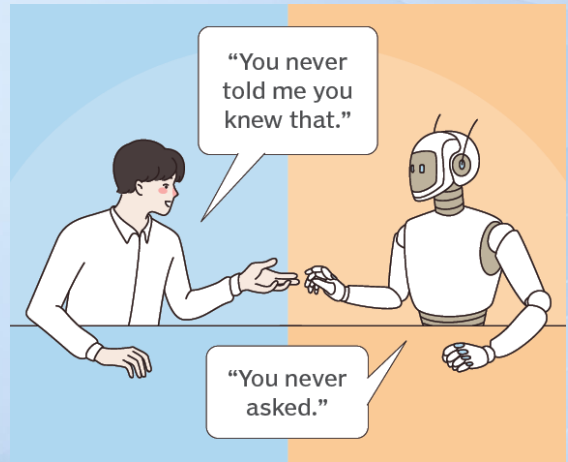
Add context and constraints



Specify the format



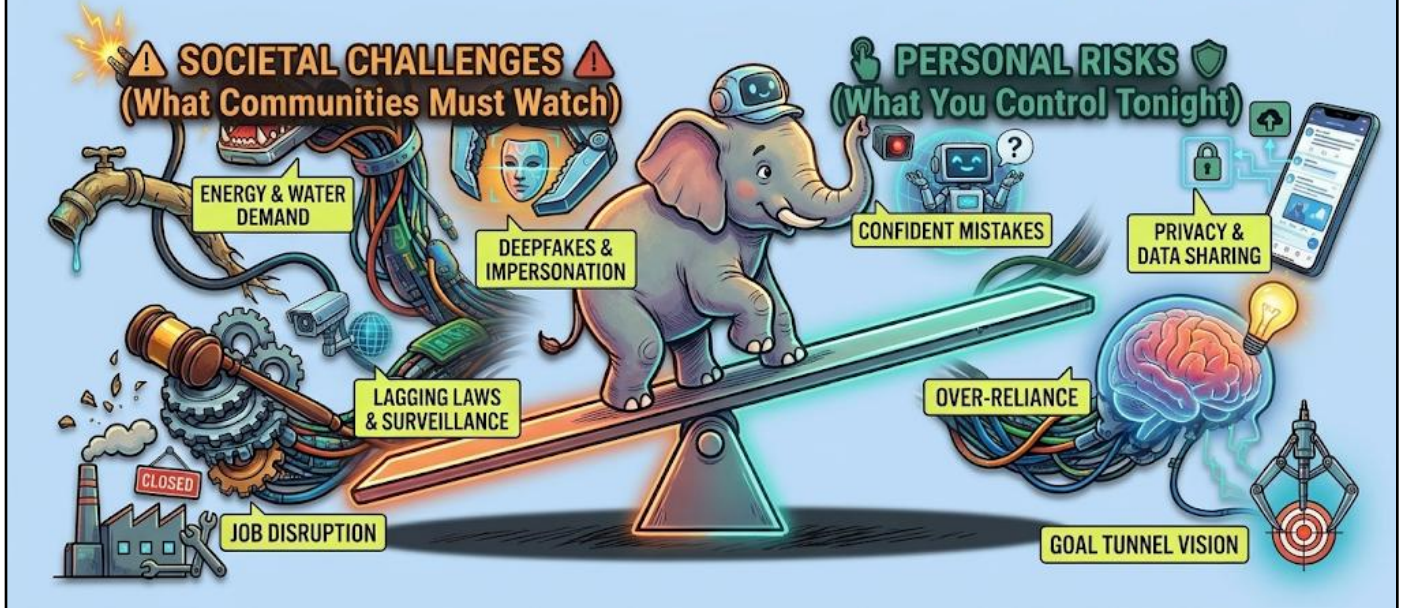
Iterate and challenge



AI works best when you give it clear direction. While simple prompts produce answers, results improve dramatically when you add structure. Prompting is not about clever wording; it is about being clear and intentional. Start by stating the outcome you expect, your goal. Be explicit about what you want: ideas, a summary, a plan, or a comparison. Do you want it funny, professional, snarky or friendly. Add context about who the information is for, your interests, experience level, or preferences. Add format and constraints. Tell the AI how you want the answer delivered, such as length, format or level of detail. Refine with follow-ups. Treat the first response as a draft. Ask follow-up questions to narrow, simplify, expand, prioritize or even challenge. Conversational refinement delivers the most value.

THE SCARY SIDE OF AI: WHAT WE CAN AND CANNOT CONTROL

Understand the challenges we must watch versus the risks we can actively manage tonight.



Societal challenges affect whole communities and require collective action. AI's energy and water demands, job disruption, deepfakes and impersonation, surveillance, and laws that lag behind technology call for oversight from governments, employers, and technology providers. Individuals can stay informed and support accountability, but cannot solve these issues alone.

Personal risks arise in our own use of AI, where we have more immediate control. AI can sound confident while making mistakes. Sharing sensitive information can compromise privacy. Over-reliance can weaken our judgment, and goal tunnel vision can cause us to miss wider consequences. Check important answers, limit the data you share, and pause to consider what an AI recommendation leaves out.

The two categories overlap: a societal problem such as impersonation can become a personal risk. The key difference is the scale of the response: collective safeguards for shared challenges, alongside careful choices in

everyday use.

Confidently Incorrect

- Maximum Confidence
 - Zero doubts – fake facts
 - Bad advice
- Creative Storytelling
 - Invent historical milestones
 - Mix fact with fiction

Reality Check: Double-check results

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The sarcastic video makes a serious point about trusting AI. The AI chat admits it gave the wrong advice: there was no need to remove the engine before removing the battery. It then offers instructions for putting the engine back in. The apology comes after the user has already acted on the mistake.

The lesson is simple: AI can sound confident and still get things wrong. A detailed answer, a friendly tone or an admission of error does not guarantee that the next answer is correct.

Before acting on advice, double-check important claims against a reliable, independent source. For a repair, consult the manufacturer's instructions or a qualified professional. Asking the same AI to check itself can help you spot questions to investigate, but it does not replace independent verification.

Use AI as a starting point and pause when an instruction seems surprising

or unnecessarily complicated. Check before you act, especially when a mistake could be costly or unsafe.

Responsible Use

- **Calibrate trust:** *Balance level of trust to level of risk*
- **Verify:** *Be the reality check – Challenge results*
- **Limit sharing:** *Consider data sensitivity*
- **Compare:** *Seek alternate perspectives*
- **Disclose:** *Be transparent when publishing*
- **Promote digital literacy:** *Pay it forward*
- **Take Accountability:** *Humans own the facts, tone, and consequences*



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AI Advises – You Decide

Using AI responsibly requires human judgment. Users should think critically and trust their instincts when the results seem off. It is the user's responsibility to verify the results from everything from misspellings to incorrect information, especially when decisions involve health or finances. Privacy and risk awareness are essential. Before sharing information, consider whether it is appropriate to disclose and what the consequences would be if it were exposed or misused. Because AI systems can reflect bias or incomplete perspectives, it's wise to compare results, ask follow-up questions, or consult other sources. Promote digital literacy by teaching others how to use AI. Ultimately, AI advises, but people decide. Humans remain responsible for accuracy, tone, ethics, and consequences. Used thoughtfully, AI supports better decisions without replacing accountability.



Demonstrations

Live and real examples

The demonstrations that follow are all real. Some are demoed live and others will be explained. Some AI sessions take many prompts and hours to complete. Those are the ones that will be explained. The prompts listed here are a good start if you want to try the same demo, however most good AI sessions include challenges and clarification.

Learning Music Theory

PROMPT: *Summarize music theory three times, each time only one short sentence. The first example is to a 4-year-old, the second to a church choir member and the third to a domain expert who wants edge-case insights.*



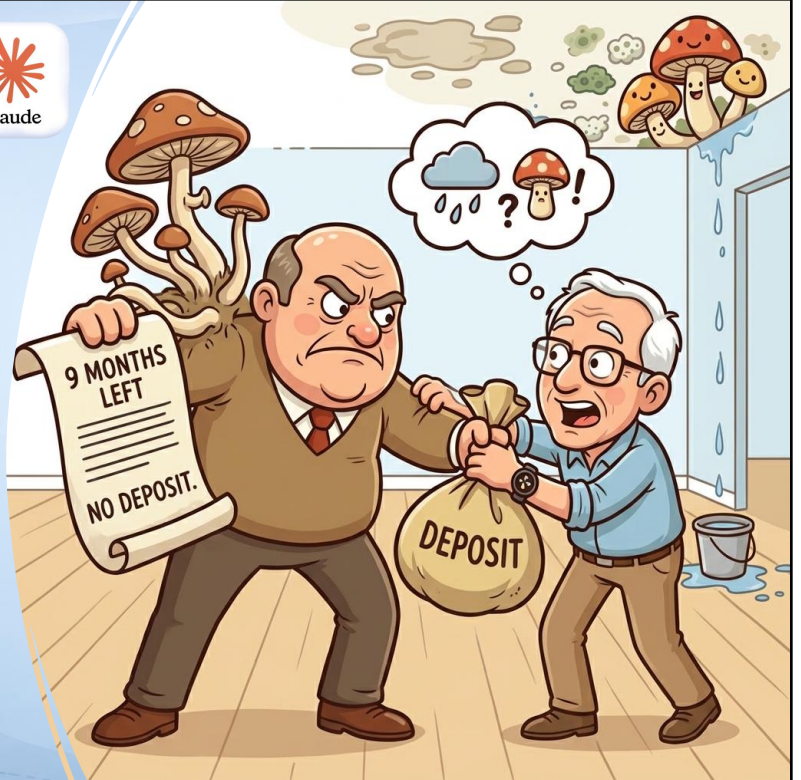
ChatGPT

AI can act as a personal teacher by adapting explanations to different experience levels. The same topic can be explained simply or in depth, depending on the reader's needs. It helps you learn at your own pace and in your own style, which is especially valuable in rural areas where access to classes or experts may be limited. You can use AI to learn: Practical skills (gardening, carpentry, cooking, budgeting). Technology basics (using a smartphone, social media, online banking). Deeper topics (history, climate change, politics, science). Creative arts (writing, music, photography, drawing). It can explain things step by step, answer follow-up questions, quiz you, or even tell stories to make ideas stick. Whether you prefer plain language, visual examples, or formal definitions, AI adjusts to how you learn best — conversational, casual, or structured. For lifelong learners, it's like having a library and a tutor in your pocket.

Writing a Letter



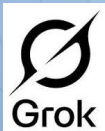
PROMPT: *Help me write a letter to my landlord, convincing them to let me out of my lease and give back my security deposit. The lease expires in nine months. The reason is that there have been several leaks on the apartment and mold showed up. The mold was so bad that mushrooms grew out of the ceiling. The letter should be short and polite but firm.*



Writing a letter is one of the clearest ways to see what AI is good at, so don't get caught up in the specifics of this example. What matters is how the request is built. Notice that the prompt gives context - what happened, how long the lease has left, and why it matters - because AI can only work with what you tell it. Notice that it names the audience. Writing to a landlord is different from writing to a friend or a manager, and saying who will read it shapes the wording. Notice too that it sets a tone: polite but firm. Those nuances - context, audience, tone, and the outcome you want - are what turn a vague request into a letter you can actually send. The same habits carry over to emails, messages, and anything else you write.

Travel Planning

PROMPT: *As a travel expert, plan a two-day one-night driving trip from Laconia, NH to Portland, ME, for a retired couple with events that include a museum, seafood, live music, a walk along the waterfront and something unusual that they will remember forever.*



AI is an effective planner that saves time and helps you organize details you might overlook. For trips, it can recommend routes, sights, restaurants, and even build itineraries based on your interests and pace. Beyond travel, AI can help with: Event planning (parties, weddings, fundraisers, meetings). Daily schedules and time management. Financial planning (budgeting, saving goals, big purchases). Garden or home improvement projects (timelines, material lists). Meal plans and grocery lists. Long-term goals (fitness milestones, education paths, retirement steps). You can specify how detailed or flexible you want it, from a full checklist with times to a few broad suggestions, making it as hands-on or hands-off as you like.

Recipe Creation

PROMPT: *Generate five new recipes for a gluten free dinner that takes under 30 minutes to cook. I like spices, chicken and vegetables. Don't give me the recipe yet, just the description titles and a short sentence describing them.*

Ask me to pick one, then generate a recipe for my choice - using simple pantry ingredients and one pan



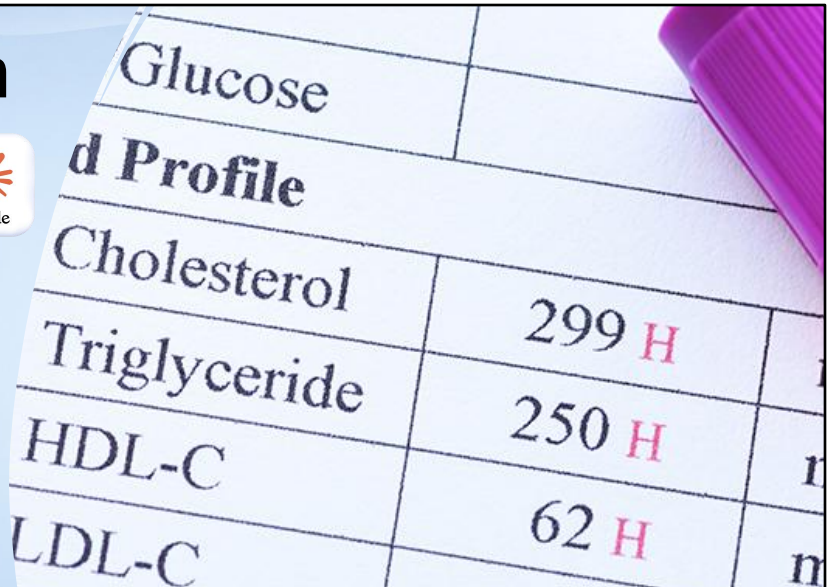
ChatGPT

Brainstorming is one of AI's strongest everyday uses. You can use it to spark creativity, generate lists of ideas, and explore new directions quickly. AI works especially well when you give it: Specific constraints (time, ingredients, format). Flexibility (it doesn't have to use all ingredients). A clear goal (short descriptions now, full recipe later). This keeps the output focused but creative. First, the AI will return 5 recipe ideas, each with a catchy name and a short, enticing description. Then it will return the full recipe for the first choice — written in a refined, professional style suited to a Michelin-level presentation. The result balances approachability (easy, fast ideas) with inspiration (a fine-dining recipe).. Brainstorming shines when you want many quick options, even if you only plan to refine one. Adding a “Michelin chef” style shows how tone and expertise can be dialed up. By splitting the task into two steps (list first, recipe second), you avoid overwhelming output. This example highlights how AI can assist creativity without replacing personal taste or decision-making.

Health Research & Medical Guidance



- 1. Pre-Visit Prep:** Log symptoms and build a question list.
- 2. Lab Results:** Translate test numbers and medical jargon.
- 3. Treatment Options:** Check side effects and recovery steps.
- 4. Post-Visit Notes:** Turn portal summaries into plain English

A photograph of a lab results table with a purple pen resting on the right side. The table has columns for test names, values, and units. The visible rows are for Glucose, Cholesterol, Triglyceride, HDL-C, and LDL-C. The values for Cholesterol (299), Triglyceride (250), and LDL-C (62) are marked with a red 'H' for high.

Glucose		
d Profile		
Cholesterol	299	H
Triglyceride	250	H
HDL-C		
LDL-C	62	H

PROMPT: I am an elderly white male on no meds. Review my uploaded labs. Group the abnormal values, identify disease patterns, and output a concise summary. Keep it brief. End with 3 specific questions to ask my doctor at my next visit.

AI can be a helpful partner for managing your health, acting like a patient translator before and after doctor visits. It does not replace your doctor, who knows your full medical history. Instead, it helps you prepare and understand complex medical language at your own pace.

Four practical ways to use AI:

- Pre-Visit Prep:** Describe how you feel and ask AI to organize your symptoms into a clear, prioritized list of questions for your appointment.
- Lab Results:** Patient portals often post blood test results before your doctor calls. Ask AI to explain what tests like "Triglycerides" or "HDL-C" actually measure.
- Treatment Options:** Ask for plain-English summaries of common medication side effects or typical recovery steps.
- Post-Visit Notes:** Paste confusing summary notes from your visit and ask for a clear translation.
- Privacy Tip:** Don't enter your name, birth date, patient ID, or address. Type only the test names and numbers, just like the sample prompt on the slide.

You should verify AI answers with your healthcare provider before acting.

Weber Grill Parts

- **Identifying a Weber Spirit II grill from photos** and finding the correct replacement cooking grate and part number.



PROMPT: *what is the model number of this and what is the part number for the replacement grate*

Weber part	Material	Fit note
67023	Porcelain-enameled cast iron	Weber's schematic/OEM replacement for Spirit II E-310 / S-310 . Weber lists each grate as 11.9"W x 17.5"D , set of 2.
7639	Stainless steel	Weber lists it as fitting Spirit/Spirit II 3-burner grills manufactured from 2016-2024 .



Anyone who has tried to buy a replacement part knows the hard part isn't the shopping - it's figuring out exactly what you own. Here a couple of photos of an old grill were enough for AI to recognize the make and model, work out which version it was, and come back with the specific part number for the replacement grate. No digging for a faded sticker, no guessing between six similar-looking listings. The same trick works for appliances, furnaces, mowers, tools, plumbing fittings, and car parts: photograph the item and the data plate if there is one, and ask what it is and what part you need. You can keep going from there - ask why it's failing, whether it's worth repairing, how hard the fix is, and what tools you'd need. Best practices: take clear photos from a couple of angles, include any label or model plate, mention the age and what's going wrong, and ask for the part number plus a couple of places to buy it. Then confirm the number against the manufacturer's site or a parts supplier before ordering - a close-but-wrong part is a wasted trip.

Solar Data Reporting

PROMPT: *This csv file represents the stats of a solar panel installation for 2025. Analyze the results, for generated and consumed power along with any other stats that might be useful for a solar environment. This report would go to the church board, to show the value of the solar panels.*

	A	B	C	D	E
		Energy Produced (Wh)	Energy Consumed (Wh)	Exported to Grid (Wh)	Imported from Grid (Wh)
1	Date/Time				
27	2/1/2026 6:15	0	650	0	650
28	2/1/2026 6:30	0	462	0	462
29	2/1/2026 6:45	0	667	0	667
30	2/1/2026 7:00	3	483	0	480
31	2/1/2026 7:15	25	795	0	770
32	2/1/2026 7:30	68	617	0	549

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uulaconia.org/green-sanctuary

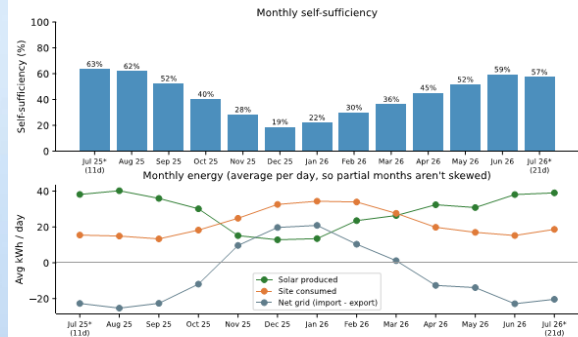
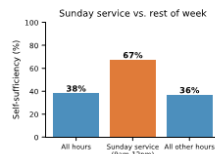
Solar Performance and Financial Value

Jul 21, 2025 through Jul 21, 2026 (hourly interval data)

Rate: \$0.1591/kWh, applied symmetrically to on-site avoided cost and grid export credit. Derived from the Feb 2026 Eversource bill (post rate-change, variable charges only). Fixed monthly and demand charges are not reduced by solar.

Total solar produced	10,330 kWh
Site consumption	8,210 kWh
Imported from grid	5,112 kWh
Exported to grid	7,232 kWh
Net grid energy	-2,120 kWh
Estimated total value	\$1,644
Self-sufficiency	37.7%
Self-consumption	30.0%

On-site solar used 3,098 kWh -> \$493
Exported 7,232 kWh -> \$1,151



Key result

Key result: Solar covered 67% of electricity used during Sunday morning service (9am-12pm), vs. 38% overall. The array produced 126% of total site consumption and created an estimated \$1,644 in energy value over the period.

Self-sufficiency = solar used on-site / total site consumption, at the time of use. Rate assumption: \$0.1591/kWh. (See sidebar for derivation). *Partial calendar month (fewer days than the full month) - shown at average rate to stay comparable.

This example shows how a spreadsheet of data - in this case solar generation and power consumption - can be turned into a clear report and graphics suitable for broad understanding. Raw numbers are hard for most people to interpret. Upload the file and AI will read every row, total and average the figures, spot trends and seasonal patterns, flag the high and low points, and calculate the numbers you care about, such as how much was produced versus used and what that's worth. It then writes the plain-language summary and builds the charts, so a year of readings becomes a one-page story a board or committee can absorb in a minute. The same approach works for any spreadsheet: budgets, membership rolls, attendance, fuel use, or fundraising results. Best practices: say who the audience is and what decision the report supports, ask for specific comparisons or charts, use clean data with clear column headings, remove personal information before uploading, and spot-check a few of the numbers against the source file before sharing. You can find this report at <https://uulaconia.org/green-sanctuary>

Organizing (Downsizing)



#	Item	Photo	Category	Destination	Value	Priority	Notes
1	Dead potted plants & seed trays (8+ pots w/ soil)	7,10,11	Trash/Recycle	Compost soil, trash/keep pots per Ginny	None	1-Now	Pots themselves -> see Ginny row
2	Styrofoam coolers (2)	5,15	Trash/Recycle	Trash	None	1-Now	
3	Empty cardboard: TV, TiVo, Carousel, appliance boxes	9,12,15	Trash/Recycle	Recycle	None	1-Now	VERIFY boxes are empty first
4	Scrap PVC pipe & lumber offcuts	2,3,4	Trash/Recycle	Transfer station	None	1-Now	
5	Loose fiberglass insulation batts	8,10	Trash/Recycle	Bag & trash	None	1-Now	Wear mask/gloves
6	Packing plastic, bubble wrap, misc bags	8,14	Trash/Recycle	Trash	None	1-Now	
7	Black trash bags (contents unknown)	5,9	Trash/Recycle	Verify then trash	None	1-Now	Open before tossing
8	Old wall paneling / plywood sheets	2,12	Trash/Recycle	Transfer station or keep 1 for projects	None	2-This yr	
9	VCRs (2-3 units)	2,9	E-waste	E-cycle run	None	1-Now	
10	Change stack	9	E-waste	E-cycle run	Low	1-Now	Check model; some receivers sell
11		9	E-waste	E-cycle; PULL/WIPE DRIVES first	None	1-Now	Data security
12		14	E-waste	E-cycle run	None	1-Now	
13		15	E-waste	E-cycle run	None	1-Now	
14		9	E-waste	E-cycle run	None	1-Now	
15		1	E-waste	E-cycle run	None	1-Now	
16		7	E-waste	E-cycle or boat-club giveaway	Low	2-This yr	
17		12	E-waste	Trash/e-cycle	None	1-Now	Unless home recordings -> digitize
18		6	Keep/Verify	Keep if working (basement needs it)	Med	Hold	Test it
19	Accessories	1	Sell	Bull Moose / FB Marketplace	Low-Med	2-This yr	~\$30-60 w/ games
20	Coax/RCA era (3+ crates)	1,12	E-waste	E-cycle BY THE CRATE	None	1-Now	Do not sort individually
21	Adapters (2 bins)	1,12	E-waste	E-cycle by the bin	None	1-Now	Keep only matched-to-device
22	USB-C/HDMI/Cat6	1,12	Keep	ONE labeled bin max	Low	1-Now	The 'desk class' survivors
23	3D TV (if in box)	1,12	Sell/Donate	FB Marketplace ~\$50 or donate	Low	2-This yr	Verify it works
24	Shelf (~30 cans)	13	Hazmat	HHW collection day	None	2-This yr	One trip for ALL hazmat
25	Rust-Oleum cans	13	Hazmat	HHW collection day	None	2-This yr	
26	Auto chemicals	13	Hazmat	HHW collection day	None	2-This yr	
27	Ag, Ortho products	4,10,13	Hazmat	HHW collection day	None	2-This yr	

Prompt: Using photos of each room, identify and organize what I own, then turn the results into a spreadsheet for deciding what to keep, sell, donate, relocate, or discard.

AI tools can help organize your house. In this example, over 40 photos were taken around the house, basement, attic, shed and garage. AI identified what it could and added each item to a spreadsheet, categorized by type, disposition, value, priority and notes. That turns an overwhelming pile into a working list: what's simply trash or recycling, what has to go to e-waste, what qualifies as hazardous waste for a household collection day, what's worth selling or donating, and what should be kept. It also sequences the work - do this now, do this within the year, hold and decide later - so you can knock out one category at a time. The notes column is where it earns its keep, flagging things like wiping the hard drive before recycling a computer, wearing a mask around insulation and testing whether an appliance works. Best practices: shoot clear, well-lit photos with a few close-ups, tell the AI your goal and any constraints, ask for the columns you want, and expect to correct some identifications - it's a first pass, and you're the one who knows what actually matters to you.

Brainstorming

- **Prompt:** *What is the impact of AI on high-school education in five years? Keep it to one sentence.*
- **Results:** Over the next five years, AI will push high school education away from grading generated text and basic calculations toward assessing student critical thinking, live oral defense, and real-time source verification.



AI tools are a strong brainstorming partner: they generate a wide range of ideas quickly, offer angles you might not think of on your own, and help you refine a rough thought into something clearer. A good approach is to ask for many options first, then narrow down, ask follow-up questions, and push the tool to challenge or critique the ideas it just gave you. Best practices: give context about your goal and audience, be specific about the format and length you want, iterate rather than accepting the first answer, and always review the results yourself. AI is there to widen your thinking and speed up the first draft, not to replace your judgment or verify all the facts for you.

Media Analysis Demo

- **PROMPT:** *Summarize this YouTube video in two sentences.*

https://www.youtube.com/watch?v=ZL_5f3FTuuw

- **Results:** Laconia grew around the abundant water power of the Winnepesaukee River, which fueled numerous mills and factories during the 19th-century industrial boom. Local mill owners eventually incorporated the industrial center as a separate town in 1855 to keep their tax revenues local, naming it after the Masonian Proprietors' original corporation



Some AI tools, such as Gemini, are good at pulling in a YouTube video and analyzing it quickly. In this case a replay of the show Chronicle is handed over with nothing but a link, and the AI watches it for you - listening to the whole program, following what's said, and reporting back in seconds. A half-hour show becomes a paragraph you can read in a minute, and you can then ask follow-up questions. The same works for recorded meetings, lectures, sermons, webinars, podcasts, and long news segments - anything where the information is buried in an hour of talking. Note the term "the good, the bad and the ugly." That's a useful prompt when that's what you want to know, because it forces a balanced answer instead of a flattering one; asking for the downsides explicitly is a habit worth keeping. Best practices: give a working public link, say what you want out of it and how long the answer should be and remember the summary reflects what the video claims - not necessarily the truth. Spot-check anything important against the original.

Use Your Verbs

Pick the action verb that fits the task at hand

1. Understand & Learn	2. Write & Create	3. Plan & Solve
Explain (a complex medical or legal term)	Draft (a polite but firm letter or email)	Plan (a road trip or committee event)
Summarize (a 100-page report or long video)	Rewrite (make it shorter, clearer, or warmer)	Troubleshoot (a broken appliance or locked account)
Compare (two contractor quotes or car models)	Brainstorm (dinner ideas from what's in the fridge)	Organize (a cluttered basement into a checklist)
Translate (doctor's notes into plain English)	Review (spot weak points in your own writing)	Verify (challenge an answer and check the facts)

Think of AI in terms of action verbs. This chart groups useful requests into three areas.

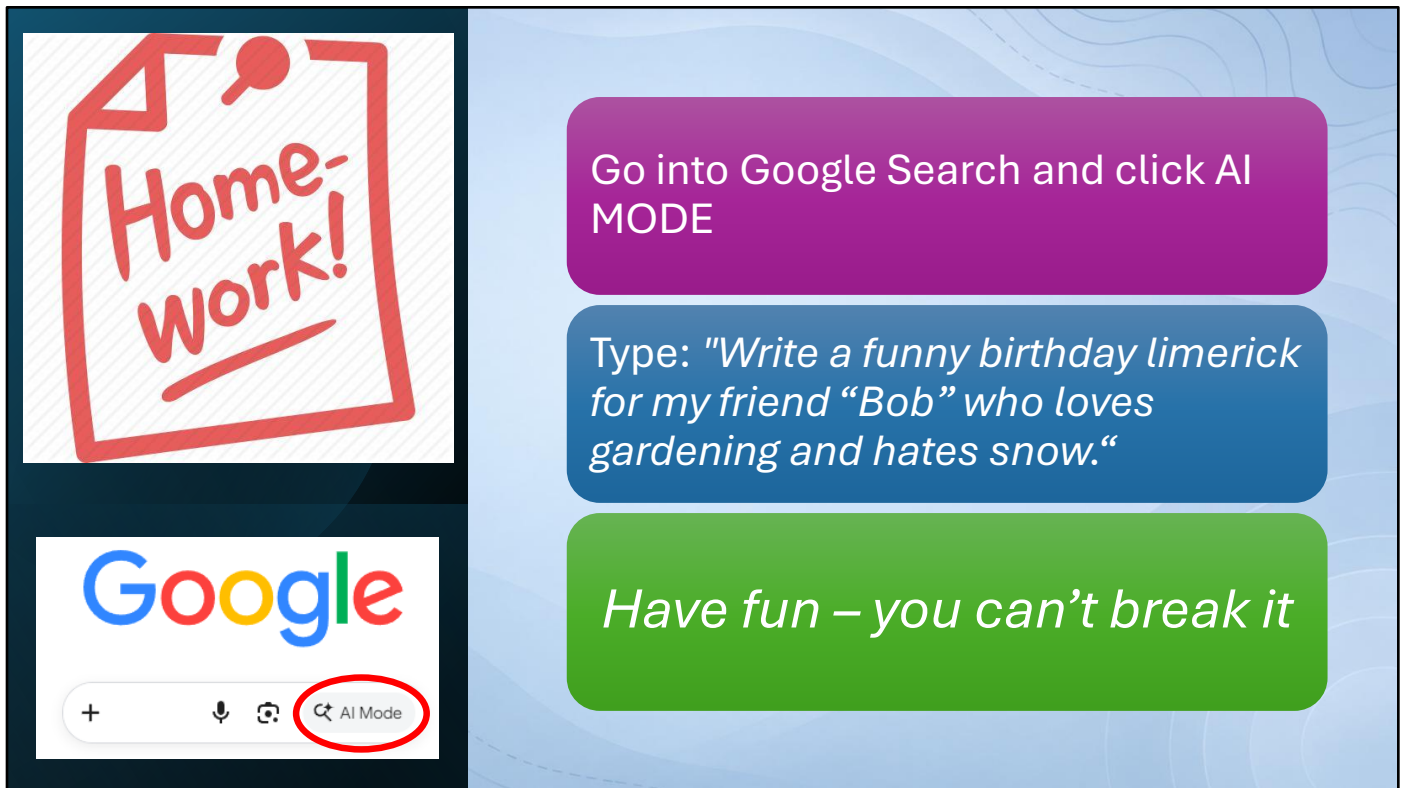
Understand and learn: ask AI to explain an unfamiliar term, summarize a long report, compare options, or translate technical language into plain English.

Write and create: ask it to draft a letter, rewrite a message for clarity or tone, brainstorm ideas, or review your writing for weak points.

Plan and solve: ask it to plan a trip or event, troubleshoot a problem, organize a large task into a checklist, or help verify an answer by identifying claims to check.

Choose the verb that matches what you want done, then add the context and desired format. For example: 'Compare these two contractor quotes in a table and flag questions I should ask.' You can combine verbs, such as

summarize first, then compare. Treat the result as a starting point and check important facts against reliable sources.



Take a few quiet minutes to try this playful experiment. You do not need special computer skills or perfect spelling, and you can stop anytime. Open your web browser (Chrome, Safari, or Edge), type google.com/ai in the top address bar, and press Enter. Or, open Google Search or the Google app and tap "AI Mode".

Screens vary; if yours looks different, you did nothing wrong. Sign into your Google account if asked, keeping your password private. Ask a trusted friend to sit with you if you get stuck.

Click the question box and type: "Write a funny birthday limerick for my friend Bob who loves gardening and hates snow." Press Enter or tap send. Wait a moment for the written response. Other questions may bring explanations and web links. It is just a computer system, so do not worry about wasting anyone's time.

In the follow-up box below, try typing: "Make it sillier," "Use simpler words," or "Try another version." You do not need to start over; guiding the result is normal.

This will not harm your device or send anything to Bob. Never enter passwords, bank, or health info, and verify important facts since AI makes mistakes. Your goal: try one question and one follow-up.

Learn by Doing!

**AI presentations are available
at <https://billgassman.com>**

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Today, we've taken a small bite of the AI elephant. This presentation introduced AI as a practical tool rather than a technical subject. The goal was to build understanding, reduce intimidation, and encourage thoughtful experimentation. AI is most valuable when it helps people reach useful insights faster, reduces friction, and supports better decision-making. It is not about replacing human judgment, creativity, or responsibility. Readers are encouraged to explore at their own pace, try low-risk uses, and remain curious. The most important step is simply to begin. Learn by doing! Let me hear about your progress.