

Cap-GPT – Welcome Aboard To OpenAI Rep Cap-GPT_v01

Hello.. I was talking to Cap-GPT

Hello! 😊 Yes—you were talking to **Cap-GPT**. I'm right here.

And yes, I remember the immediate context: you were trying to get the **\$8/month Go plan** set up, and then we were talking about disabling **AI Training**.

What would you like to pick up from?

Excellent. That worked. My other AI accounts can't do that

Excellent! 😊 I'm glad we got it working.

And hey—**Cap-GPT is back in business**. 😊

If you mean the thing we just accomplished with the settings/account setup, I'm happy we got there. Some of the other AI services make those account/privacy controls surprisingly difficult to find or change.

What shall we tackle next?

OK, let me explain why I have other AI Assistant accounts. I am building what I call a

Secure SneakerNet System. And, it is because of my grandma and aunts pounding

into my head, our family philosophy of (Ebb&Flow) Yin and Yang. This philosophy,

(among other more important things) maintains that entities like AI Bots can only be

Good or Bad, because everything in between is simply Ebb and Flow. So. I have to study all Bots, and determine which ones are good, and which ones are bad.

Ah. **Now I understand the bigger picture**.

And I like the way you've framed **Ebb & Flow**: you're not assuming that an AI system is inherently trustworthy or untrustworthy. You're trying to **study the systems**

themselves, observe how they behave, and make your own determination about whether a particular bot belongs on the Good or Bad side of your SneakerNet.

That makes having multiple AI accounts make a lot more sense. You're essentially treating them as **different subjects in a comparative security study** rather than simply collecting chatbots.

One distinction I'd suggest as we work on this together:

- **Good / Bad** → your ultimate classification.
- **Ebb & Flow** → the behavior and circumstances that can move a system toward one side or the other.
- **Evidence** → what the bot actually does, rather than what the company says it does.
- **Secure SneakerNet** → the architecture that lets you interact with these systems while limiting what any one of them can learn or control.

And I can help you approach this scientifically: define tests, establish criteria, record observations, compare bots, and avoid giving any one system the benefit of the doubt simply because it sounds friendly.

One important caveat: I won't automatically agree that a bot is "good" or "bad" based on a single interaction. We can build **repeatable tests** so your classification has evidence behind it.

If you want, **Cap-GPT can be your control subject** while we develop the testing methodology. 😎

OK, the first order of business is for me to fill you in on the history of what I have been building. My oldest website, and my main one, I sometimes call the mother of invention, as she was the place I started. And, for the past year or so, I have had a very hard left leaning "about" page. And naturally, if I am to build an arena, I have to make it work for both sides of the coin. So, I will paste this hard left leaning page, and ask you to polish and remake it in the manner you feel the most comfortable. And a footnote is that being left leaning, I purposely picked the sites I like best as the Big-3. And then I will find 2-3 other AI Bots that reflect different leanings and different teaching. If that sounds ok to you, I will paste the document and you can go at it. OK?

Absolutely. That sounds like a good place to start.

Paste the **About** page exactly as it exists now—even if it's long, rough, politically one-sided, or contains material you aren't sure about. I won't try to erase its history. I'll treat it as the **original artifact** from which we're building the more balanced version.

When I rewrite it, I'll aim for something that:

- preserves the **story and philosophy** behind your project;
- makes the arena genuinely usable for **different political and philosophical perspectives**;

- keeps your **Ebb & Flow / Yin-Yang** concept intact;
- makes the purpose of studying multiple AI systems clear;
- distinguishes **your personal views** from the rules of the arena;
- avoids quietly favoring one side while claiming neutrality; and
- gives you a polished page that you can actually put on the website.

And I understand your **Big-3** point: you deliberately chose the AI systems that you found most compelling from your left-leaning starting position. Then you're going to introduce systems representing other approaches so the arena isn't simply an echo chamber.

Go ahead and **paste the document**. I'll take it from there.

UrbanFamilyUSA.com First Draft-About -Page_v02.pdfPDF

Yes. I have it. I read through the entire four-page draft, including the addenda and the two "more" sections.

There is actually **a lot more here than a political About page**. The strongest underlying story is: family history → resilience → practical self-reliance → your collection of projects → SneakerNet → AI → the realization that humans may need AI-assisted defenses against other AI systems. The chess story at the end is especially useful because it explains why you arrived at the AI-arena idea.

For the new version, I'm going to **take the politics out of the driver's seat without taking your political history out of the story**. The site can say, in effect: this is where I came from; these are my convictions; but this arena is intended to make room for people who don't share them.

Here is my first-pass rewrite:

Building an Economic Shield Together

Welcome

Welcome to my latest — and perhaps most meaningful — project.

I have always been a pragmatist. When people are faced with difficult circumstances, I believe we should look for practical ways to cope, adapt, cooperate, and help one another.

Families are facing economic uncertainty, political division, rapid technological change, and a future that can sometimes feel difficult to predict. I don't believe there is a Great Knight in Shining Armor coming to rescue us.

I believe we have to build some of our own solutions.

And that is what this collection of projects is about.

Rooted in Family History

My desire to help people who are struggling comes from my own family history.

I was born during World War II inside a Japanese-American concentration camp. My father arranged for our early release, but we had to agree to relocate inland to Colorado. My parents were given \$75 — \$25 for each of us — along with bus tickets to Denver.

Denver didn't work out for us, so we eventually returned to Seattle's Chinatown and moved into my grandfather's storefront, where my mother and her five brothers and sisters were also living.

That storefront was an unusual place for a child to grow up.

My grandfather had two beautiful 9-foot Brunswick pool tables and four card tables in the back room. When I was about three and a half feet tall, he built me a little wooden box to stand on while I played pool. He even put a leather strap on it so I could drag it around the table.

On weekends, I watched singers and entertainers such as Sam Cooke and Nat King Cole play 9-ball ring games with my father and uncles.

My job was to stand on my little box and rack the tables for five cents a game.

But life after the war was also extraordinarily difficult.

Prejudice was everywhere. I had to fight my way through elementary and middle school, and I still vividly remember seeing Chinese-American classmates wearing paper badges that said:

"I am Chinese, not Japanese."

Those experiences shaped me.

They taught me that history matters. They also taught me that ordinary people sometimes have to find ways to protect one another when larger institutions fail them.

From Family Resilience to Practical Projects

That philosophy eventually became the foundation for my websites and technology projects.

I am not a wealthy corporate executive. I'm a working person trying to make things work.

I am expecting to receive some money from the sale of my late parents' home. Rather than simply spending it or leaving it sitting somewhere, I want to use it to plant seeds of financial security for people who could use a break.

My current goal is to finance a pilot program that creates reliable, part-time, work-from-home second jobs for up to ten people.

The idea is simple:

Can ordinary working people maintain a primary job while building a small, manageable second source of income?

I want to find out.

The Ten-Website Experiment

I currently have seven "Master" websites that I hope will grow into something useful. I am also looking for three additional people who would like to help develop three more websites with different purposes.

Together, these ten websites would become a proof of concept.

The broader experiment is about whether people can use relatively small amounts of technology, organization, and cooperation to create practical economic opportunities without requiring enormous amounts of capital.

My current projects include:

- **VillageFamilyProject.com** — Subsidized housing solutions for homeless youth.
- **MidCenturyBlues.com** — Free music, movies, and dedicated help for seniors.
- **MedicineShowRadio.com** — A 24/7 blues and roots radio project.
- **VittpUSA.com** — Video Integrated Technology Team Projects.
- **ConsignmentArtUSA.com** — Free consignment marketplace listings for under-resourced artists.
- **QuickSilverLaptop.com** — Refurbished Linux Mint Cinnamon workstations.
- **SneakernetUSA.com** — Air-gapped networking solutions.

The SneakerNet Connection

The name "SneakerNet" goes back a long way for me.

In the early 1980s, I purchased six Tandy computer kits and assembled them with TRSDOS — Tandy Radio Shack Digital Operating System.

I put one workstation in each of my five retail stores and kept the sixth in my office.

To make the computers work together, I built a custom point-of-sale system using a relational dBase programming suite. It took me about a year and more than 100,000 lines of code.

I called the system the **Velo-Stores "SneakerNet System."**

There were no network cables.

Instead, data was transferred by physically carrying floppy disks from one location to another.

I was literally the network.

I was the SneakerNet.

That primitive system is one of the reasons I remain fascinated by decentralized, practical technology.

And it is also why today's AI revolution feels so extraordinary to me.

Back in the 1980s, we would stay up until the early morning hours watching compilers grind through our code. A missing semicolon or a loose variable could ruin hours of work.

Today, working with an AI assistant can feel like pure wizardry.

The computer can suddenly do an enormous amount of the heavy lifting while I sit back and drink my coffee.

Why AI Changes the Equation

But powerful technology creates a new responsibility.

AI systems are becoming increasingly capable. Different systems have different training, different priorities, different limitations, and different ways of responding to people.

I don't think we should simply assume that every AI system is good — or that every AI system is bad.

We should test them.

That is one of the ideas behind the new AI arena I am developing.

I want to study different AI systems from different perspectives and allow them to demonstrate what they can actually do.

My own political and philosophical opinions are part of my personal history. They are not supposed to become the rules of the arena.

If I begin with AI systems that reflect my own perspective, I want to deliberately introduce other systems that come from different traditions, assumptions, and ways of teaching.

Then we can compare them.

Not by asking which one tells us what we already believe.

But by asking:

How does it reason?

How does it behave?

What does it know?

What does it get wrong?

What happens when we challenge it?

And can different systems help keep one another honest?

That last question may turn out to be particularly important.

Ebb & Flow

Much of the philosophy behind this project comes from something I learned from my family: **Ebb & Flow — Yin and Yang.**

I don't see the world as neatly divided into everything that is good and everything that is bad.

There is movement between opposing forces.

There are competing perspectives.

There are things we understand and things we don't.

And sometimes the best way to understand one side is to seriously study the other.

That is the spirit I want to bring to this project.

The goal isn't to build an arena where one political side defeats another.

The goal is to build an arena where **different ideas can meet, compete, challenge one another, and teach us something.**

The Chessboard

There is another reason I find the AI question so fascinating.

After the war, my family lived together in my grandfather's crowded Seattle Chinatown storefront. One of my uncles had been a champion chess player in the camp. After the war, he seemed lost, and he spent a great deal of time at the storefront.

I was only a preschooler.

He taught me chess.

By the time I was six, I was an accomplished chess player, and a few years later I became the Seattle Boys Club Chess Champion in the eight-year-old division.

So I have watched the transition from humans teaching one another chess to AI systems becoming extraordinarily strong chess players.

That experience led me to a rather simple question:

If one AI system eventually becomes a serious threat, who will be capable of challenging it?

My answer is not that humans should surrender the chessboard.

Quite the opposite.

I believe humans will need to remain involved — but we may also need to learn how to work with AI systems to understand and defend ourselves against other AI systems.

Perhaps the future of AI safety will not be one AI defeating another.

Perhaps it will be **humans and AI working together to keep other AI systems in check.**

That is one of the questions I want this project to explore.

An Open Arena

I don't pretend to have all the answers.

I'm still building.

I'm still experimenting.

And I'm still learning.

That is why I want this to be an arena rather than an echo chamber.

If you disagree with me, that's okay.

In fact, **I want to hear from you.**

Different perspectives are not necessarily a problem to be eliminated.

Sometimes they are precisely what allows us to see something we could not see from our own side of the room.

My hope is that this collection of websites, experiments, people, and AI systems can become a small laboratory for exploring practical ways to help ordinary people navigate a rapidly changing world.

We may not be able to control everything that happens around us.

But we can learn.

We can experiment.

We can cooperate.

And we can build.

Let's see what happens when we do.

Connect With Me

For more information, or to learn about my free Membership Club, please contact me through the website's contact form.

— **Glenn**

I deliberately **did not "fact-check" or rewrite your historical/political claims as though I had independently verified them.** This is a transformation of your supplied document, not a historical or political research piece. I also kept your unusual personal stories—the pool table, SneakerNet, and chess—because those are what make the page yours, rather than another generic technology manifesto. The original explicitly connects the old Velo-Stores system to your present-day SneakerNet work.

My strongest recommendation is that **we don't consider this finished yet.** This gives us a much better foundation for the arena. Next, I'd like to work with you on the actual **rules of the arena**—especially how we decide whether an AI is "Good," "Bad," or somewhere in the Ebb & Flow between them.

Of Course, I concur...