



Computers Are Easy User Group

Abort,
Retry,
Ignore....

Founded 1984 ARI is the
Official Newsletter of
Computers Are Easy User Group

July 2026
Volume XLII Issue 7

PER GLENSIDE Library (Masks are optional)

INFORMATION for Saturday July 25 start time in person at
Library Board Room is 9:30am or at home Jitsi is 10:00am.
There will be a meeting invitation e-mail Thursday evening
before the Saturday meeting.

On Saturday July 25
Presentation will be various videos

NEW MAIL ADDRESS!!!

NEW MAIL ADDRESS!!!

**CAEUG,
P.O. Box 153
South Elgin, IL 60177**

***Thank you! to all who paid the
low \$20.00 dues for 2026!
Your support helps pay for our
APCUG membership and CAEUG website***

Confirmed
meeting dates

2026

August 22

:: ::

Hybrid
Board Room
in person
OR Zoom

:: ::

Check
website for
dates and
meeting info

:: ::

**!!!! NEW !!!
Mailing
address:**

**CAEUG
P.O. Box 153
South Elgin,
IL 60177**

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Join CAEUG meeting in Library or from Home,
Stay Safe! Update information on our website at

<https://www.CAEUG.net>



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Newsletter Kathy Groce

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Frank Braman

Joanne Beauregard

Webmaster John Spizzirri

webmaster(at)caeug.net

The Glenside Public Library address is at 25 E Fullerton Avenue, Glendale Heights, Illinois. The meeting(s) are not library sponsored. Individuals with disabilities who plan to attend this program and who require certain accommodations in order to observe and / or participate in the program are requested to contact CAEUG president, at least five (5) days prior to the program, so that reasonable accommodation can be made.

Members Helpline

Any member can volunteer to be on the Members Helpline.

Hardware problems, Win 7, Win 10, Linux and Virus Removal

- John Spizzirri



Lamp Post 292 July 2026 by John Spizzirri

The Decorah bald eagle cameras have been switched to highlights (**1**). The eaglets fledged last month. They are now on their own so there is not much to see. The brown bear cams are now live (**2, 3, 4, 5, 6, 7**) in Katmai, Alaska. The fishing in Brooks River is just getting started. A few bears are in the water. The fishing is good. The salmon are trying to climb the falls (most of them successfully). The bears and

gulls are eating well.

- 1) <https://is.gd/YAuMF0>
- 2) <https://is.gd/5XSkeR>
- 3) <https://is.gd/8qsdz0>
- 4) <https://is.gd/BYn1NE>
- 5) <https://is.gd/5RsMdk>
- 6) <https://is.gd/c7jg58>
- 7) <https://is.gd/ERw674>

Steven Levy has an interesting article in Wired Magazine (**1**) about a book by Sarah Wynn-Williams called 'Careless People: A Cautionary Tale of Power, Greed, and Lost Idealism' (**2**). The story is here (**3**). If it is covered by a paywall, you can get by that by going to the last Lamp Post (**4**) and using the ByeByePaywall web site I wrote about in the second paragraph. The article talks about how Sarah can no longer talk in public because she signed a non-disclosure agreement (NDA) in a contract with her former employer, Meta (**5**). Instead, she wrote a book about the policies they have in place that do not benefit the users of Meta products but only benefit billionaire, Mark

Zuckerberg (**6**) to the detriment of the users. You may recall the 2010 movie, The Social Network (**7**), about Mark Zuckerberg and the start of Facebook. It was not complimentary to Zuck. A sequel is coming out this autumn that supposedly make Zuck look even worse. In the first movie Zuck betrays one of his first investors, Eduardo Saverin (**8**). Fortunately, that Brazilian was also a billionaire's son, so he shrugged it off with a law suit that compelled him to sign an NDA to complete. He probably got a dollar settlement out of it, but you never know for sure. He did get the title of co-founder of Facebook. Regardless, Sarah cannot promote her book or talk about anything tech (her livelihood). She did get a \$780,000 settlement for the NDA, but that is not enough to live on for the rest of her life without a job. I'm sure she will never get a recommendation from Zuck or Meta. She is suing because the NDA is too restrictive and 'violates her free speech'. We will see how it goes. By the way, free speech guarantees only apply to the government restricting speech (**9**).

- 1) <https://www.wired.com/>
- 2) <https://amzn.com/dp/1250391237>
- 3) https://www.wired.com/story/metaspursuit-of-the-careless-people-author-is-relentless-and-self-defeating/?utm_mailing=wir_nl_6685_daily_071126_z1v7m8gy3g&utm_source=n1&utm_brand=wired&utm_campaign=aud-dev&utm_medium=email&cndid=90933775&utm_term=6685
- 4) <https://caeug.net/newsletters/2026/Jun2026.pdf>
- 5) <https://www.meta.com/>
- 6) <https://is.gd/Rz35ZE>
- 7) <https://is.gd/Vb0bLL>
- 8) <https://is.gd/AmDPYk>
- 9) <https://is.gd/AmDPYk>

The NCSC (**1**) and GCHQ (**2**) announce the UK's "Cyber Shield" (**3**). Steve Gibson's web site (**4**) tipped me to this story. If you actually read about the Cyber Shield, it is quite frightening. The government seems to be training an Artificial Intelligence (**AI 5**) to 'protect the nations infrastructure and security apparatus. I, personally, consider this to be a very bad idea. Think about it.

- 1) <https://www.ncsc.gov.uk/>
- 2) <https://www.gchq.gov.uk/>
- 3) <https://is.gd/Rz35ZE>
- 4) <https://www.grc.com/sn/sn-1087-notes.pdf>
- 5) <https://is.gd/bqZd2c>

There are ways to find out if your data has been compromised on the Internet. Have I been pwned web site (**1**) is one of the oldest. If you go there, insert one of your email addresses and see if and/or how often it has been involved in a data breach. You may want to get rid of an address that has too many threats. Avast also has a site that reveals data breaches (**2**). The process is

the same as Have I been pwned but less comprehensive. They do try to sell you stuff (Do NOT buy anything. Do NOT download anything.), Databreach.com also has a site that searches for data breaches involving your email address (**3**). The site is recommended by The New York Times, Wired Magazine, and PC Magazine. Norton Lifelock also has a site (**4**). They show more breaches but have less information about the breaches. They are also more insistent about selling their products (Do not buy them.).

- 1) <https://haveibeenpwned.com/>
- 2) <https://www.avast.com/en-us/hackcheck#pc>
- 3) <https://databreach.com/>
- 4) <https://lifelock.norton.com/learn/data-breaches/breach-detection>

Two organizations that are worth knowing about are the Electronic Freedom Foundation (**EFF 1**) and the Electronic Privacy Information Center (**EPIC 2**). Steve Wozniak (**3**) is a co-founder of EFF. He was also co-founder of Apple Computer (**4**). The issues that EFF concerns itself with are Free Speech, Privacy, Creativity, Innovation, Transparency, and Security. There is a newsletter that is free via email and a podcast. They do not share your email address without your permission. They have a part of their site dedicated to Surveillance Self-Defense (**5**). There you can find tips and tools to keep yourself safe online. EPIC is more political and oriented toward stopping the surveillance by the government. Their issues are Artificial Intelligence vs. Human Rights, Consumer Privacy, Cybersecurity, Data Protection, Free Speech, Privacy Laws, and Surveillance Oversight. There is some crossover between the two groups but EPIC is much more involved with governance. EPIC has its own publications and a 'digital library' of publications virtually all free to read online. Check them out.

- 1) <https://www.eff.org/>
- 2) <https://epic.org/>
- 3) <https://is.gd/GhRfnw>
- 4) <https://www.apple.com/>
- 5) <https://ssd.eff.org/>

Between you, me and the LampPost, that's all for now.

HEIC File Type – Should I care about this file type?
By Phil Sorrentino, Secretary & Newsletter Contributor
Sun City Center Computer Club
<https://sccccomputerclub.org/> [philsorr \(at\) yahoo.com](mailto:philsorr@yahoo.com)

HEIC is the name of the file format that Apple uses for images taken with an iPhone or iPad. Even if you don't have Apple equipment, you may have received a picture with the .heic file type from someone with an iPhone. I got one just a few weeks ago. (Though I have read that when a photo is sent or

exported from an iOS device to a non-iOS device, the image is typically converted from an HEIC file to a JPEG file.)

HEIC stands for High Efficiency Image Container. Advanced, modern compression methods allow photos to be created in smaller file sizes while retaining a higher image quality than JPEG. Since Apple's release of iOS 11 in 2017, the iPhone has, by default, produced images in the HEIC format, so it's been around for quite a while. HEIC, also known as HEIF, is a more efficient format than JPEG because it creates smaller files, in some cases up to half the size, even though the quality of the images is about the same. (Similarly, High-Efficiency Video Coding (HEVC) is the default video file type for video files for some Apple products.) In switching from JPEG to HEIC, Apple has lowered the space needed to store the image files so they can keep up with the increasing quality and resolution of their smartphone cameras. This has led other manufacturers, including Microsoft and Canon, to embrace the HEIF format. The Moving Picture Experts Group (MPEG) is the developer of the original HEIF and HEVC technologies and JPEG.

An HEIC file contains one or more images saved in the High-Efficiency Image Format (HEIF) and metadata describing each image. HEIC files are most commonly saved with the .hemic extension but may also use the .heif extension. This newer standard offers 25% to 50% better data compression at the same quality level. HEIC allows you to store multiple images in one file. If your phone has burst mode functionality, you can capture multiple high-quality action shots of a moving subject with a single click. Then, with multiple images in a file, you can convert HEIC files into GIFs to make moving animations from your stored sequences of images. (The GIF file type is an animation created from a sequence of still images.)

A brief technical review shows two main types of digital image files: raster and vector. JPG, JPEG, and JPE are all file extensions that refer to the same file format: JPEG is probably the most common name. Each refers to the Joint Photographic Experts Group "Raster Image" file type. Raster Image file types are images produced when scanning or photographing an object. The image is compiled using a matrix of pixels, or tiny dots containing unique color and tonal information, organized into rows and columns, or a grid, that creates the image. Other common Image file types are bmp, png, tiff, and raw (raw being the largest of all the file types). Wikipedia provides a comparison between JPEG and HEIF.



Can you tell the difference?

And just for completeness, Vector images are made up of points, lines, curves, and shapes based on mathematical formulas. When you scale up a vector image file, there is no loss of quality, so it can be sized to however large or small you need it. When you scale up a raster image, it can become pixilated, blocky, and possibly unrecognizable.

Remember that iOS is Apple's mobile device OS (iPhone and iPad), and MacOS is the Apple computer OS. When Apple added HEIF support to iOS, they also added HEIF support to MacOS. Then, in 2018, Google followed suit by adding HEIF support to Android (smartphones and tablets), and Microsoft added HEIF support to Windows. To open HEIC files in Microsoft applications, however, users may have to manually install the Microsoft HEIF Image Extensions and HEVC Video Extensions packages from the Microsoft Store, though that was not my experience.

If you have an .heic image on a Windows 10 system that you want to view, locate the file with File Explorer and then double-click the image; if it opens, great. If it doesn't open, right-click the image and select "Open With > Photos." If the Photos app prompts you to download the HEIF Image Extension, click the "Download and Install it now" link to get it free from the Microsoft Store. But if your Windows 10 is up to date, the .heic file will probably open with Photos. Although the Extension software for Images (HEIC Image Viewer, Converter) is free, there is a one-time cost of \$0.99 for the Video Extension software (HECV Video Extensions). (Note that photos here refer to Microsoft Photos, not Google Photos.) If you have Windows 11, you might not notice that the .heic image is any different than any other picture on your system, most likely because .heic support is included in the Windows 11 Photos App. You will not notice a difference if you don't have the Show "File name extensions" option checked" because then the file type part of the file name (the part after the. "") is not shown, and you won't see the type of file you are viewing.

HEIC and JPEG have advantages and disadvantages depending on their intended use. The OS developer's and a computer user's point of view may differ. HEIC files take up less space than JPEG files and still produce the same – if not better- quality images. However, HEIC is currently limited to specific platforms and software due to its lack of compatibility and acceptance. In these instances, you may first have to use a converter to convert the HEIC files to JPEG. In the long run, you may not need to care much about the HEIC format, but it will not be a mystery if you find one on your system.
