

Q&ASK THE EXPERTS

Q



Hi Robin,
Shopping online is so convenient, but I'm worried about giving out my information. How can I protect myself from internet scams?

Internet shopping is fast and easy—but is it safe? The answer is yes, no, sometimes, and maybe. Here is how to avoid becoming a victim of Computer Scams 101:

Social Media: Facebook and Twitter

- Don't blindly "Like" ads. Many times they collect your information and then hit you with tons of spam.
- Don't click on links posted by friends. Their accounts may have been hacked and those links could be viruses in disguise.

Mobile Apps

- Only download apps from official app stores.
- Check out the user reviews before you download.
- Peruse each app's permission policy.
- Many so-called apps are just trying to serve you more ads and spam.

Q

Hi Jami,
I'm 30 and just landed my first real job, which involves a great deal of travel. I need advice on maintaining a professional look without being boring.

A Congratulations on landing your new job! You are speaking my language. After spending ten months of the year on the road doing hair and consulting in the beauty industry, I have picked up many tips.

First off, stay classic and use accessories. Keep packing easy by sticking to straighter lines with classic fabrics, all in a similar color scheme. I am a black-color-scheme kind of girl, with a love for BCBG, as it is always seen as striking and professional. This



Bogus Bills

- Never pay an invoice by clicking a link in an email.
- Go directly to the vendor's legitimate website to log in and pay.
- Remember: legitimate businesses and banks will NEVER ask you for your password, login, birth date or any other personal information!

Travel Scams

- Before booking that discounted trip, keep in mind that scammers will try to hook you with phony travel webpages depicting beautiful pictures and rock-bottom prices just to get their hands on your financial details.
- When travelling, be careful about using Wi-Fi; the FBI recently warned of a hotel Wi-Fi scam in which a malicious pop-up ad prompts computer users to install software for their hotel Wi-Fi. Once you agree to the installation, malware is downloaded onto your machine.

Phony "e-tailers"

- Bogus e-commerce sites will appear real to try to lure you into typing in your credit card number and other personal details.
- Shop only at trusted and well-known e-commerce sites. If you're shopping on a site for the first time, check user reviews and verify that the phone number listed is legitimate.

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strategy allows you to go edgier and over the top with more stylish jackets, shoes, jewelry and scarves without losing luggage space around clothes.

Hair and makeup are always major.

Keep to cleaner, simple skin and change out eye and lip colors to match the season. Classic and clean hairstyles are always in style.

Texture allows the look to be modern, quick and easy to pomade when you are in a mad dash or need to revive your hair after a flight or a long car drive.

Keep your look simple and clean so you can accessorize with edgy flare. Don't get too elaborate. Invest in quality and class. Good luck!

Jami Eastin is a hair designer, Aveda Professional, Paris Parker Creative Director, educator and artist. She can be reached at jami-eastin80@gmail.com.



Q

Hi Mary,

Since the weather got colder, I have noticed that my skin has lost its glow. It seems dry and flaky. What can I do to give it a much needed boost?

A

The winter months pose challenges for the skin. Central heating can rob the skin of vital moisture, as can the wind whipping over your face, neck and hands. We tend to take warmer showers this time of year, and that depletes the protective skin lipids that hold moisture beneath the surface.

Start by using a more emollient cleanser and moisturizer. If you were using gels in the summer, switch to lotions and if you were using lotions, move to cream formulas. Gentle exfoliation will remove surface dead skin cells as well as improve the penetration of the active ingredients in your moisturizer or anti-aging products. Remember to wear gloves since there are few protective oil glands in the hands. Finally, remember that UV light, especially the deeper penetrating UVA rays, are there year round, so remember to use SPF 15 or higher every day to protect from skin cancers and premature aging of the skin.

Mary P. Lupo, M.D. is owner of the Lupo Center for Aesthetic and General Dermatology and a founding director of the Cosmetic Bootcamp. She is board certified by the American Board of Dermatology and is a clinical professor of dermatology at Tulane University School of Medicine. Mary can be reached at (504) 288-2381