

LIFE & ARTS

Health advice How stress can affect a pregnancy, and how to beat it **6D**

Fashion

Ready to party

Here's how to look like you have a gift for stylish dressing, just in time for the season's festive gatherings

By Susan Huston
Special to the Star-Telegram

When holiday and New Year's party invitations pour in, it's not unusual for a woman's thoughts to turn from "Wheee!" to "Yikes!" in a hurry, especially once she remembers the challenges of dressing festively for a range of holiday celebrations, business parties and gala affairs.

If your party-going wardrobe is thin as ice, hold on to your Santa hat and check our list of easy, elegant apparel and accessory options. They will help jazz up things and have you ready for a jolly good time from Christmas through New Year's.

For starters, toss out that old Christmas sweater, because festive dressing goes way beyond Christmas plaids, Santa-suit reds and corny holiday scenes. A modern Yuletide look celebrates the season with Hollywood-style: glamorous faux fur and sparkly sequins, metallic fabrics and glitter. Wearing rich colors like fuchsia, ruby red, emerald green and cobalt blue is the perfect way to amp up your style during the party season, and for an extra touch of glitz, luxe fabrics like gold lamé topped with sequins add festive flair.

You won't have to worry about breaking the bank, either. A lot of holiday style magic comes in small packages: jeweled, detachable collars; glitter hose; or a perfect-for-anything pair of mile-high ruby-red heels. Don't be afraid to add dazzle to that little black dress with jazzed-up drop earrings, a sparkly jacket or jewels sprinkled on a headband or hair clip.

Holiday fashion is all about the shine and glitz that will carry you straight through to the new year in style.



Adorned elegance

Dress smartly and oh-so-chicly with the ladylike elegance of black and gold. With the smart styling details, like sequins, faux fur and structured tailoring, of this smart-looking jacket, pants and sweater combo, above and at right, your arrival at the holiday party is nothing but gorgeous. Faux-leather jacket with faux-fur detachable collar, \$159, Chico's; sequined sweater, Calvin Klein, \$79.50, Macy's; Lisette skinny pant, \$116, Pappagallo Classiques; rhinestone and crystal ring, \$89, WhatchamaCallit Fashions; Theia crystal and gold drop earrings, \$24, Lawrence's; structured evening clutch, \$24.99, Target; gold-trimmed suede bootie, Kate Spade, \$395, Stanley Eisenman Fine Shoes.

More on **STYLE**, 3D



Star-Telegram photos/Paul Moseley

Diet Detective



A Protein Meal from Virgin America.
Virgin America

Dining well a la plane food cart

► This round-up of meal and snack options will help travelers fly the waistline-friendly skies.

By Charles Platkin
Special to the Star-Telegram

It's holiday, which means travel.

So, each year I contact the airlines to request nutrition information for the foods they serve economy-class passengers on domestic flights. There are not too many major changes from last year, but as an overall observation, the good seem to have gotten better.

Virgin America and Air Canada are tied, as they were two years ago, for having the healthiest food in the air. Virgin America has the only Travel Light menu and on-demand ordering (eat when you want). Air Canada has better individual snacks, and the airline prides itself on the freshness and quality of its ingredients.

The airline contracts with a company called Food With a Conscience to help create its menu. Alaska Airlines has real meals that are reasonable in terms of health and calories; United and JetBlue seem to be moving in a better direction. American is not terrible, but it's not improving either.

It is still a huge mystery to me why airlines don't see healthy, tasty foods as a profit center. Clearly, the "better for you" food market is on fire (think Whole Foods, Trader Joe's and all the new products on the market).

The big airlines, like American, are slow to improve food service, but I believe we will see changes for the better in the next few years. JetBlue has added a few more healthy (and unhealthy) items on select routes between New York and California.

Delta's snacks are still not very good, but its meals are getting better. Virgin America needs to offer healthier individual snacks to take the lead, and Air Canada needs to add healthier meals — a merger, perhaps?

The "Shame on You" award, once again, goes to Allegiant. Its foods are packaged but officials wouldn't even share nutrition facts panels.

Here are the food-service offerings from several of the more popular airlines, along with Diet Detective's comments, ratings (Health score: 5 = highest), calories and personal favorites.

More on **TRAVEL**, 2D

DFW.com's best bets

Music and lyrics

Singer-songwriter Michael Martin Murphey comes to town for his annual Christmas concert Monday, Dec. 16. A mixture of music, poetry and stories, the concert begins at 7 p.m. and tickets are \$33-\$55. Bass Hall, Fort Worth. 817-212-4280; www.basshall.com.

More good cheer

The Texas Boys Choir presents its Christmas Festival Concert at Arborlawn United Methodist Church on Monday, Dec. 16. "Hail Gladdening Light" kicks off at 7 p.m. Tickets can be purchased online (\$13, \$5 students) or at the door (\$7-\$15). 5001 Briarhaven Road, Fort Worth. 817-924-1482; www.texasboyschoir.org.

— Courtney Ortega