

Exercise, get 8 hours of sleep and watch what you eat to avoid 'space brain.'

With a new book and Broadway show, Alton Brown is in a happily weird place.

UNZIPPED

Gathering around a big table in 77037

By Maggie Gordon

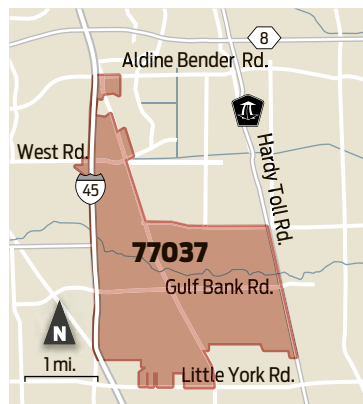
Across the nation, families will flock home for Thanksgiving this coming week. Some will take trains, planes and cars to see family members for the first time since last year's holiday season. Others will shuffle downstairs where Mom, Dad and Grandpa will be waiting in a home they already share.

In Houston's 77037 ZIP Code, it's likely to be the latter. With an average of 3.97 people living in each household, homes here are more likely to already include more siblings — and extended family members — than much of the United States, where the average number of residents per home is only 2.63.

And what's more, 7.1 percent of family households have at least seven people living under one roof, compared with 2.2 percent of family homes nationally. (Extra mashed potatoes, please.)

This area of town, located north of 610, ties with ZIP Code 77039 for the largest households within Beltway 8. But that doesn't mean other parts of town won't host massive dinners on Thursday as Houstonians reflect on reasons to be thankful this year.

The 77024 ZIP Code is likely to host some big shindigs, with out-of-towners coming in to celebrate, since this part of town, surrounding Memorial Park, has plenty of room in the inn. More than 16 percent of homes here have at least five bedrooms, meaning there's tons of space for far-flung family members to stay for a long weekend.



Elizabeth Conley photos / Houston Chronicle

Former Dynamo player Michael Chabala leads his own fitness program, POWA, at the Four Seasons.

Life is a kick

Former Dynamo star Chabala brings soccer-inspired fitness to the masses

By Joy Sewing

WHEN his contract wasn't renewed with the Houston Dynamo in 2014, Michael Chabala did all he could to stay in shape.

He had joined the Dynamo in 2006 right out of college. So, at age 30, he found himself in a place he'd had never been before — without a team and a workout. Professional soccer players do daily fast footwork, running and technical drills. He missed the drills, the locker room and his teammates.

"I never announced a

retirement, so I wanted to make sure I was in top shape if the opportunity to play again came around," he said.

He tried every type of fitness class and workout from swimming to Krav Maga, but none offered the high-intensity interval, running workouts he craved.

Last year, Chabala, now 32, launched Sphere, a soccer-inspired fitness program for amateur and professional players, as well as anyone looking for a fun and intense workout.

"I created the concept because I wanted to stay in shape and help my teammates train," he said. "I also

Chabala continues on D6



Smoothies are a sweet ending to Chabala's POWA routine at the Four Seasons.

POWA

What: Under the Sphere umbrella, it is a 30-minute high-intensity, interval treadmill class with strength training

When: 10 a.m. Sundays

Where: Four Seasons Hotel, 1300 Lamar

Cost: \$20, includes the class, free valet and use of pool.

For more info about Sphere classes, visit sphere.club

NETFLIX

Brilliant 'Black Mirror' reflects high-tech world in wicked style

By Frazier Moore
ASSOCIATED PRESS

William Shatner's bumpy flight. Burgess Meredith's smashed eyeglasses. The fateful misinterpretation of the phrase "to serve man." Even after a half-century, these memes can still deliver a jolt of

recognition.

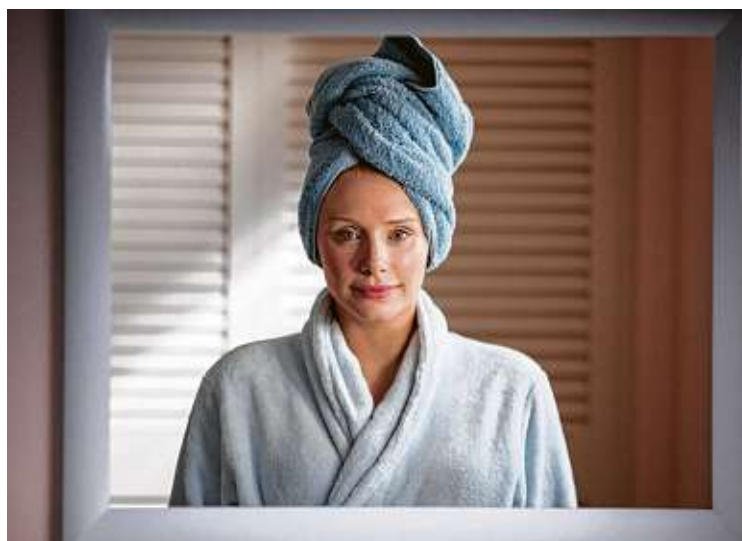
But if you're drawing a blank instead, that's OK. The anthology series "Black Mirror" takes you through a high-tech looking glass with jittery tales sure to lodge in your brain for years to come, as it reclaims the hallowed realm of "The Twilight Zone" for a new

millennium.

Netflix has recently released six new episodes that supplement seven previous hours created for British television.

Among the new crop, "Hated in the Nation" unveils what is literally a killer phone app that lets people choose the day's

Technology continues on D6



Bryce Dallas Howard is featured in the anthology series "Black Mirror."

Netflix

DEAR ABBY: Suggest that holiday critics step up and lend a hand. **PAGE D4**

HINTS FROM HELOISE: Use your microwave to sterilize sponges. **PAGE D4**

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