# What's Available NOW On





#### "Movie: The Heart of Nuba"

From director Kenneth A. Carlson ("Go Tigers!") comes this 2016 documentary that follows American doctor Tom Catena, who courageously and selflessly tends to the needs of the people of the war-torn Nuba Mountains of Sudan, even as they're being bombed relentlessly by indicted war criminal Omar al-Bashir. Catena's family also appears.



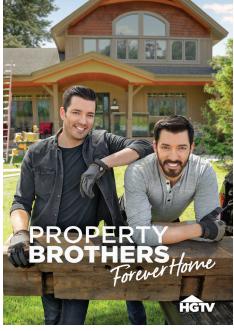
#### "Movie: Soufra"

This joint U.S./Lebanon documentary from director Thomas A. Morgan ("Storied Streets") goes inside a Beirut camp housing refugees from Palestine, Syria and Iraq, to meet Mariam AlShaar, who organized the women there to start the first refugee food truck, a journey of many ups and downs and lots of political opposition.



### "Movie: Super Dark Times"

Teenage best friends find their relationship put to the test when a gruesome accident and subsequent cover-up plunges them into a vortex of of escalating paranoia and violence in this 2017 crime drama from director Kevin Phillips ("III"). Owen Campbell ("Depraved"), Charlie Tahan ("Ozark") and Elizabeth Cappuccino ("Jessica Jones") head the cast.



## "Property Brothers: Forever Home"

Twin stars Jonathan and Drew Scott help turn the ordinary residences of featured families into the homes of which they've always dreamed in Season 1 of this renovation series from HGTV. In each episode, the brothers take the chosen couple on a tour of renovated homes to discover what features their clients love, then get to work.



Even when he's not in character as "Black Lightning," Cress Williams likes to keep his body in top condition.

Indeed, the 50-year-old star of The CW action series, which returns for its fourth and final season Monday, Feb. 8, watches what he eats and works out six days a week in the gym in his Atlanta-area home. It's a habit that's deeply ingrained in his lifestyle and something he misses when he can't do it.

"Even before the show came about, I think right around when I turned 40, I really got into health and fitness and really kind of cracked the codebook, diet and exercise-wise," the 50-year-old actor explains. "And I built a home gym like back in 2013 so I've always had one, which is really good during these COVID times, so working out is something I just have always done and it's like a big part of my life and I really enjoy it. So that's been easy and it's something I'll just maintain long after the show is gone."

Details are few regarding what's in store for the series' final season, save that one episode will reportedly serve as a backdoor pilot for Jordan Calloway's character of Painkiller, who was revealed to still be alive at the end of Season 3.

As for Jefferson/Black Lightning, he'll be dealing with the loss of Chief Henderson (former cast member Damon Gupton), who was killed saving Black Lightning's life in the Season 3 finale.

"(He's) feeling guilty about that and just trying to reconcile that ...,' Williams says. "Henderson was like his closest male friend so that's really what he's wrestling with in the very beginning."

Name: Cress Williams Birth date: July 26, 1970

**Birthplace**: Heidelberg, Germany (raised in Orange County, Calif.)

**Family ties**: Married actress Kristen Torrianni in 2013; has a son and a daughter from a previous marriage

Education: Has a B.A. in theater from UCLA

Other TV credits: "Star Trek: Deep Space Nine," "Beverly Hills, 90210," "NYPD Blue," "Lois & Clark: The New Adventures of Superman," "JAG," "Living Single," "Leaving L.A.," "Becker," "Sports Night," "Nash Bridges," "Philly," "Providence," "Presidio Med," "Touched by an Angel," "The Lyon's Den," "Law & Orer: Special Victims Unit," "House," "Veronica Mars," "The West Wing," "Close to Home," "ER," "Grey's Anatomy," "Prison Break," "Cold Case," "Friday Night Lights," "Hart of Dixie," "Code Black," "The Flash," "DC's Legends of Tomorrow"

Movie credits: "The Doom Generation" (1994), "2 Days in the Valley" (1996), "Never Been Kissed" (1999), "The Dogwalker" (1999), "Pursuit of Happiness" (2001), "Little Black Book" (2004), "Ball Don't Lie" (2008), "In Your Eyes" (2014), "Lowriders" (2016), "Reign of Supermen" (2019), "The Violent Heart" (2020)