

Jimmy's played sidekick to Clark & Kara for years now, but next week, he's finally ready to take the next step and become a hero and his timing couldn't be any better with The Parasite wreaking havoc all across National City. With Kara temporarily sidelined, it's up to The Guardian to find a way to stop the life-sucking villain before it's too late. Meanwhile, Mon-El considers a new line of work and Alex struggles to accept her new reality. Check out the extended promo for next week's episode below: "Changing"— (8:00-9:00 p.m. ET) (Content Rating TBD) (HDTV) THE GUARDIAN DEBUTS IN NATIONAL CITY – The Guardian debuts to lend a hand after a parasite alien drains Supergirl (Melissa Benoist) of her power. Mon-El (Chris Wood) considers a less than desirable new career which then leads him to contemplate his motives. Alex (Chyler Leigh) struggles with a new reality. Andrew Kreisberg and Caitlin Parris wrote the script based on the story by Greg Beranti. The

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