



NEWS

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FOR IMMEDIATE RELEASE

Theater of STARS Presents "My Way" TOMORROW NIGHT at All Saint's Catholic School on Wednesday, Dec. 8

December 7, 2010: Theater of STARS, a theater group of individuals with developmental disabilities from STAR, Inc., Lighting the Way... will present "My Way," a musical theater performance with a special appearance by singer Angie Rubino. The show takes place at 7pm on Wednesday, December 8, 2010 at All Saint's Catholic School Auditorium in Norwalk. Tickets are \$3 in advance and \$5 at the door. For tickets, call 203-846-9581 ext. 320.

Nancy Armstrong (together with Mark Minnock, also of STAR) has led the Theater of STARS group for adults with developmental disabilities at STAR, Inc., Lighting the Way for the past five years, and will do so again this year.

Ms. Armstrong explains the origins of the theater for individuals with developmental disabilities. "Years back, we drove people all the way to Ridgefield to bring our clients to SPHERE shows because they really liked it, and that was the only place to go. Our clients enjoyed performing - but the Ridgefield group grew very big -- and more and more of our clients wanted to participate. So we really had to start a group of our own at STAR. This year's production consists of 35 people. It grows bigger every year."

The one-act play includes song and dance, with a message that everyone wants to be considered an individual with his or her own thoughts and preferences. Nancy explains that the clients provided input in the direction of the show, and suggested songs to include or items to plan. She said, "The theme this year is 'My Way' (most famously sang by Frank Sinatra) and it's something we could all relate to. Many of these performers have had the full range of experiences in their lives. They relate to the emotions in that song. "

Ms. Armstrong, who is the Coordinator of Supported Living Services, grew up in a family of entertainers and performers. She explains that performing improves people's lives. "People start to see themselves in a new way when they feel they can sing or dance or perform. They get a lot

of joy from it. The experience helps everyone--our clients and also their families--who gain from the experience. It creates special moments, and when they do a good job, it is very emotional."

Members of the cast and STAR's own Rubberband, a band comprised of individuals with developmental disabilities, will provide musical accompaniment to the show. In addition, a special guest, singer Angie Rubino, a longtime supporter of STAR, will participate.

"This is a great way to escape the madness of the holidays. You'll leave with a smile on your face, and some insight into the lives of our neighbors who have developmental disabilities," says Ms. Armstrong.

For information about the show, contact Nancy Armstrong at STAR by phone at 203-846-9581 ext. 320 or by email at narmstrong@starinonline.com.

STAR, Inc., Lighting the Way is a not-for-profit organization serving infants, children and adults with developmental disabilities, as well as providing support services to their families. We create opportunities for individuals to live full lives with independence, freedom of choice and personal growth by providing support, services and advocacy. We inform and encourage the community to recognize and appreciate the value of all individuals.

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