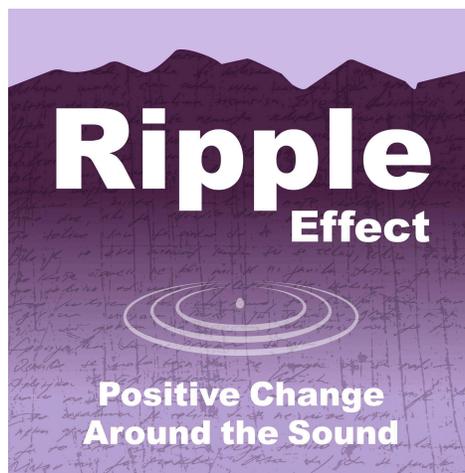


# Making Waves: Announcing *Ripple Effect*, New Monthly Podcast Amplifying Voices of Puget Sound Change-Makers

*Produced by Mirror Stage; debut episode released today featuring Manuel R. Cawaling*



**SEATTLE, WA (March 26, 2025)** – Seattle-based multidisciplinary arts organization **Mirror Stage** announced today the launch of ***Ripple Effect: Positive Change Around the Sound***, a new podcast dedicated to exploring the stories of change-makers driving positive social change within the Puget Sound region using a narrative storytelling format. Released monthly, each episode of *Ripple Effect* will focus on the intersection of today's issues and feature a person making a positive impact within the community. Each episode provides resources, tools, and ideas to inspire listeners to get involved in building a better, more inclusive Puget Sound.

"We want *Ripple Effect* to not only provide a deeper understanding of local efforts across our community to make the world a better place, but also inspire and empower listeners to take action, and create their own good in the world," said **Suzanne M. Cohen, Mirror Stage Managing Artistic Director**. "Our goal is to provide a platform for amplifying the historically excluded stories and voices of individual change-makers whose positive impact ripples across Puget Sound. Sometimes, it only takes one person to make a difference, and that person could be you."

Mirror Stage's *Ripple Effect* is produced by **Cohen**, Associate Podcast Producer **Kanan Gole**, and Podcast Producer & Sound Engineer **Allison Preisinger**. The debut episode, spotlighting Inspire Washington Executive Director **Manuel R. Cawaling**, is available now on all major podcast platforms. For more details, visit Mirror Stage's website at [mirrorstage.org >>](https://mirrorstage.org).



## EPISODE #1: MANUEL R. CAWALING

Episode 1 of *Ripple Effect* features **Manuel R. Cawaling**.

Manuel R. Cawaling (Manny) is a performer, theatre director, arts educator, heritage specialist and community organizer and has worked extensively in King County's cultural field for thirty years. Born and raised in Seattle, Cawaling is committed to the rich history and diverse cultures within the Pacific Northwest.

Over his career, he has held positions at a variety of local cultural organizations including Pilgrim Center for the Arts, NW Asian American Theatre, Seattle Children's Museum, and Wing Luke Asian Museum. As an Executive leader, he has led the management of Langston Hughes Performing Arts Center and Youth Theatre Northwest. To support the evolving field, Cawaling has volunteered for a variety of boards and commissions including the League of Fringe Theaters, Seattle's Public Art Advisory Group, Washington State Arts Alliance, Seattle Center Commission, and the Gay City Arts Curating Council, among others. Cawaling's creative work of theatre performances and museum exhibits have earned accolades and local awards. Currently, Cawaling is focused on nurturing state-wide cultural opportunities as the Executive Director for Inspire Washington.

Episode #1 is available now on [mirrorstage.org](http://mirrorstage.org), [Spotify](https://open.spotify.com/), and all other major podcast platforms.

### UPCOMING:

In April, *Ripple Effect* will welcome educator, filmmaker and playwright **Rick Dupree**. A new episode will drop on the 4th Wednesday of every month, highlighting a new person or group dedicated to positive social change.

### FOR EDITORS/PRODUCERS:

#### ABOUT THE PODCAST

Created by Mirror Stage, *Ripple Effect: Positive Change Around the Sound* amplifies the stories of local change-makers whose positive impact ripples across Puget Sound. Join us as we find out what brings our guests to this moment today, what drives and inspires them to create a better, more inclusive world, and how you can get involved. Sometimes, it only takes one person to make a difference, and that person could be you.

#### ABOUT THE PRODUCERS

##### **Suzanne M. Cohen (she/her), Mirror Stage Managing Artistic Director**

With more than 30 years of nonprofit arts experience, Suzanne has performed, directed, designed, and administrated at theatre companies across the country, as well as internationally, including local Seattle companies 14/48, ACT, Empty Space, InfinityBox, Intiman, and The Group Theatre. She earned a BA in Humanities/Drama with a Creative Writing minor from

University of Southern California, a Master of Not-for-Profit Leadership from Seattle University, and an MA in Cultural Studies from University of Washington Bothell.

**Allison Preisinger (she/her), Podcast Producer & Sound Engineer**

Allison is a performing songwriter and producer of podcasts, audiobooks, and other aural media. Creating platforms for others to be heard and uplifted is a driving force behind all of Allison's projects including music, producing events, audio, and storytelling through podcasts. Allison graduated Berklee College of Music in 2011 and has released four albums of original music. When she's not assisting others in sharing their stories, you can find her performing throughout the Pacific Northwest.

**Kanan Gole (she/her), Associate Podcast Producer**

Kanan is a writer, photographer, podcaster, avid traveler, and social justice professional with nine years of experience contributing to the work of national and international nonprofits and philanthropic organizations.

**ABOUT MIRROR STAGE**

Originally founded in 1991, Mirror Stage is a nonprofit multidisciplinary arts company that believes the power of story and art holds the key to bringing people together in imagining and embodying a better future. We challenge assumptions, bias and prejudice, increasing equity and inclusion while encouraging more thoughtful reflection on today's issues. Mirror Stage nurtures unique artistic voices, centering those who have been most marginalized by society's inequitable systems and structures. Mirror Stage gets people talking, as well as thinking. [Learn more about the history of Mirror Stage >>](#)

*Mirror Stage gratefully acknowledges the support of 4Culture, ArtsWA, the City of Seattle Office of Arts & Culture, the EPS Fund, Humanities Washington, the National Endowment for the Arts, the National Endowment for the Humanities, the Paul G. Allen Foundation, and the Posner-Wallace Foundation.*

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**PUBLIC PRESS ROOM**

For sample clips and promotional images of the podcast, please visit our [Press Room here >>>](#)

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#MirrorStage #RippleEffectPodcast #Podcast #Storytelling #TransformativeStories  
#ChangeMakers #SeattleCommunity

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