



Ben Shumaker <ben@ci.stevenson.wa.us>

In support of Lucy Lauser

1 message

Kim Puckett <kim.s.puckett@gmail.com>
To: ben@ci.stevenson.wa.us

Thu, Apr 17, 2025 at 10:22 AM

Please include this in the City Council Packet for today's meeting:

This is Lucy Lauser

[OBJ]

[OBJ]

Lucy is my friend!

Also:

- Lucy is a member of the Stevenson community.
- She grew up in Skamania County
- Lucy is autistic
- She volunteers with several organizations in the city and county, including many hours for Community Art

Studio Of Skamania - CASS, the Stevenson, community Meals at Stevenson Methodist Church, Skamania, pride, and the Gorge equality council, Skamania Pride, Gorge Equality Council, Skamania Domestic Violence council, Skamania Democrats volunteering, and community housing for low-income residents

- She is an artist
- She is a city of Stevenson council member
- Lucy has Ehlers-Danlos syndrome, EDS this causes, among other things, extreme joint pain
- She is the QUEEN of finding Agates in Skamania County
- She can solve the original Rubiks cube in less than 30 seconds, she owns over 15 different Rubik's cube type

objects

- Lucy is a transgender woman. Autistic individuals report higher rates of gender diversity than the non-autistic population. (See article link below)

- Due to her autism the smell of cough drops or the sound of open mouth crunching among many other sensory intrusions causes the mental equivalent of being repeatedly stabbed with a needle and that feeling continues until she can escape the sensory intrusion. Sensory overload is experienced by autistic people as literal pain. It causes acute mental distress and PTSD. When Lucy experiences this she is unable to speak words to explain what is distressing her, she may just cover her ears and look at you with panic written all over her face

- Similarly, she avoids certain textures that do the same thing, and wearing any clothes for hours also has a similar effect. She has lived her entire life with a pretty much constant urge to rip off her clothes. She dissociates to cope with it. She has used nudity as part of therapy for over a decade. Going to clothing optional beaches and spas helped her stop hating her body before she transitioned. More recently, her therapist has encouraged it as a way to calm her nervous system and practice being present and connected with her body.

- Lucy is an accomplished, pianist and composer
- Lucy might be able to speak out loud in a public setting, even giving a presentation or facilitating a workshop, but then due to autism and the cost of masking, the next day she may not be able to get out of bed or dress her self and she may not be able to speak for several days

- Lucy shows people she cares about them by giving them a gift of a beautiful gemstone that she has found
- Lucy is a passionate activist and advocate for human rights, social justice, trans rights, LGBTQ+ rights and houseless people rights

I can't begin to really help you know the real Lucy with just these few words. And neither can a Facebook post. I have enjoyed getting to know her by spending time with her. I hope people will consider doing the same.

Articles of interest:

Gender Discomfort and Autism:

<https://autism.org/gender-discomfort-and-autism/>

Autism Self Advocacy Network: Learn about autism from folks experiencing autism: <https://autisticadvocacy.org/>

What is Ehlers-Danlos Syndrome: <https://www.ehlers-danlos.com/what-is-eds/>

In Peace,
Kim Puckett

5 attachments



image0.jpeg
125K



image1.jpeg
121K



image2.jpeg
281K



image3.jpeg
176K

Lucy Lauser



image4.jpeg
127K

Position:
City Council Member #3
Phone Number:
(803) 427-5978
Email:
lucy.lauser@ci.stevenson.va.us









Lucy Lauser

**Position:**

City Council Member #3

Phone Number:

(509) 427-5970

Email:

lucy.lauser@ci.stevenson.wa.us
