

Carol Landau to share her life as a survivor at Quiet Waters

Carol Landau, a cancer survivor, will tell her story at the Quiet Waters Relay for Life on April 5 at Quiet Waters Park.

As a result of her cancer and many surgeries, there remain tumors that continue to impact her life.

But Landau still reigns over her disease in every decision she makes.

First rule of Landau: Don't be an ostrich. Deal with life as it happens. Don't ignore your disease.

She doesn't dwell on the number of days left for her; rather she takes action every day to make it a good day.

Landau is well known in Lighthouse Point as the city clerk for 10 years. This quiet, petite woman likes to travel in her camper van, rough it in the natural forests, explore new places and meet people along the way.

Her expeditions have

taken her to the Pacific Northwest, the deserts of the Southwest and across the mid-section of the country back to Florida.

"That's when I felt like I was who I wanted to be," she says.

Her personal success over cancer has led her to some simple rules of living. Live the best you can. Make amends. Don't be the person other people want you to be.

Landau says she has "... felt God's love. I know what that feels like. My spirit is free."



She gives up a laugh and says she "always wanted to float on a cloud. So my ashes will be spread from a plane. I'm okay with dying."

Today she focuses on living. She takes her daily meds; meets up with friends for lunch, talks on the phone, writes on her website, reads and is always willing to inspire others to deal with



Landau

their own life issues.

"We can't just sit around and wait to die. There are always new adventures and life experiences waiting for us. I will die the way I live, with the same positive attitude and outlook."

All life comes to an end, but not everyone is as prepared as Landau. Her final wishes are clearly explained in one of her many documents she has prepared regarding her final days and her final distribution of private funds. She has taken all of those decisions out of the hands of family members so that her wishes will be fulfilled.

Death is a time of stress. Death will come. Landau urges people to talk about death with their family. "Many people are hesitant to talk about the subject; a subject that needs to be discussed so wishes are known."

In a real way, Landau has triumphed over cancer through her joy of living and loving.

"Don't keep things in," she says. "Talk about it. Share your honest feelings with the people you know and the people you meet, so wherever you go, you are at peace."

Join Landau on her website atcarolsadventures.com.