

## Bravely facing their problems, Ada and Chrys say they won't give up on each other

Cuddled on the couch, it's hard to believe Ada Nicodemou and Chrys Xipolitas are a couple in crisis.

But when the Home and Away star and her chef husband quietly split in April, it marked the start of a long road to rebuilding their three year marriage.

'We both did a lot of things wrong' Ada says. 'But we're working on getting on the same page with our future'.

With refreshing honesty the pair open up for the first time about the heartbreak behind the sudden eight-week split - from coping with Chrys' battle with depression, cruel rumours of infertility and dealing with the everyday strains of married life.

Here they reveal how they've reignited their love and are committed to saving their marriage...

It's been a rough few months for the two of you, how is your relationship now?

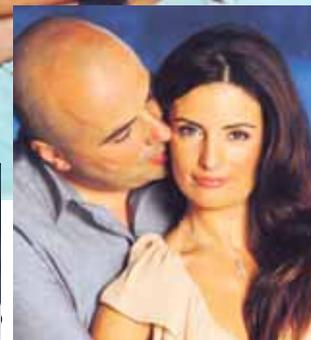
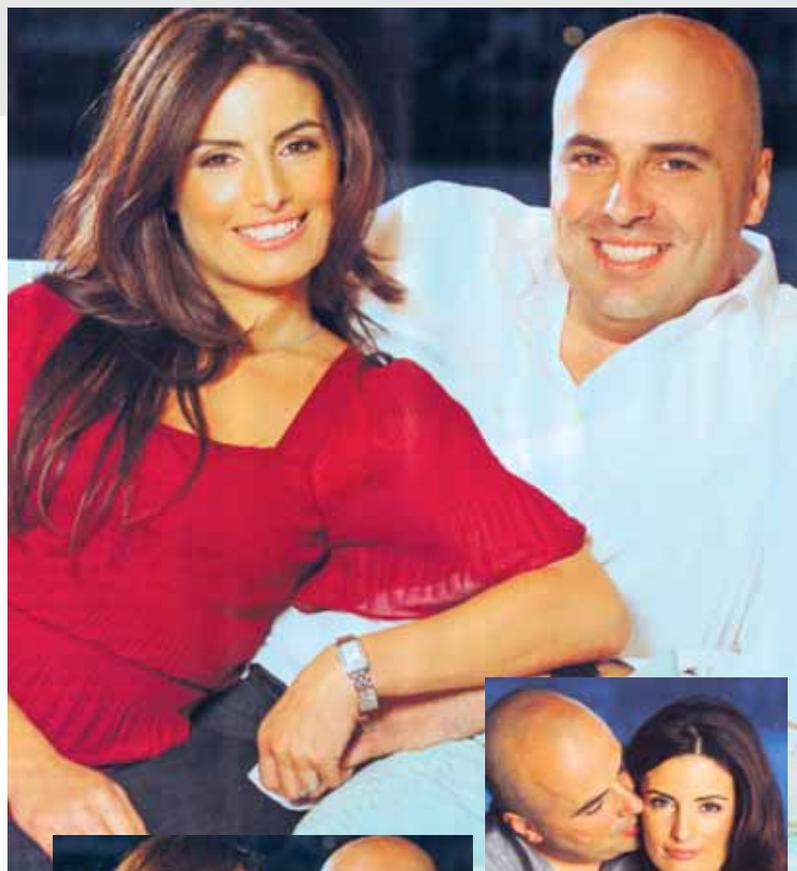
Ada: We take each day as it comes. When you go through something like this, it takes

he's a lot happier. When Chrys was on the antidepressants it gave him equilibrium but he just wasn't present. Even when he was looking right at you, he wasn't really looking at you. People probably think we must have argued all the time. But it was the opposite. We never argued!

I know it sounds strange but sometimes you want someone to show passion or have a heated discussion with you. I knew there was something wrong but he'd just go into his shell and that was really frustrating.

Chrys: I'm not saying I'll never use them again - they did their job but at the moment, I don't need them. I'm talking to Ada now instead of keeping it inside. I'm using more natural stuff - getting healthier, seeing a naturopath. While I was at rehab it was a good time to go off the antidepressants and they've taught me things like keeping a journal to get my feelings out.

Article from New Idea Magazine



# Ada and Chrys .....

# THE FIGHT TO SAVE OUR MARRIAGE

time to sort out what works and what doesn't - we're a work in progress! I'm not naive enough to think we don't have to keep working at it. We don't take anything for granted. When I wake up each morning I say to myself: "How can I make this day work? How can I make myself happy? How can I make Chrys happy?"

Chrys: I really used to keep things bottled up. I think in a way, it's a guy thing, but I'd just say everything was OK even when it wasn't. Now if something bothers me, or there's something going on with work, or whatever - I'm learning to talk about my feelings.

Why did you decide to split? What happened?

Chrys: It wasn't pack your bags and get out or anything like that. We were growing apart and we both just felt we needed some space. I stayed with a friend and then my sister before I went into South Pacific [rehab]. We were apart for about eight weeks all up. I'd been on antidepressants for two years and I just didn't feel things. I always had a smile on my face even though inside I was a mess. People used to say to me: 'You're the happiest sad person I know'. So I've gone off them and now when I smile it's a real smile.

Ada (laughs). Yeah! Now when we watch a sad movie, we're both sitting there crying! I love it.

Chrys (laughs) But I'm crying over a commercial!

Ada: We laugh so much more now, but what Chrys is doing now is really, really brave. He's an inspiration.

What brought things to a head?

Ada: There wasn't one thing. We were taking each other for granted. Chrys was working nights, I was working days. I'm an independent person, but we'd got to the point where we were just not seeing each other.

Chrys: If things had stayed as they were, we might not be here today. We reached the point where we had to do something.

Have you noticed a difference since Chrys went off the antidepressants?

Ada: Like night and day! And, ironically

The many generous guests helped make a big difference to Alysia's life.



Thousands Raised for Alysia's Plight

watch the video www.rockdale.nsw.gov.au

Cheque books were flung open and hearts were touched at the Mayoress' fundraising dinner, held on Friday 7 May.

The dinner, attended by over 300 guests and organised by Council and the Rockdale City Mayoress Committee, was held to raise money for the Dalianis family. Young Alysia Dalianis suffers from a rare condition known as Rett syndrome.

This debilitating condition has left little Alysia in need of full-time care, without speech and wheelchair bound. A staggering \$70,000 was raised on the evening. The money will go towards a custom-made passenger vehicle that can accommodate Alysia and her wheelchair.

The highlight of the event was the captivating and incredibly moving speech made by Alysia's mother Anna,

who spoke of their daughter's courage and the challenging times the family experienced when Alysia was born. Alysia's overwhelming plight resulted in a significant demonstration of generosity by the guests.

Rockdale City Mayoress Christina Stavropoulos was overcome with emotion after Anna's speech and paid tribute to the Dalianis family and to the many generous guests who helped make a big difference to Alysia's life.

"The Dalianis family have been so strong; I truly admire their determination. I know that whatever we end up make a real difference to her precious life", the Mayoress said.

Making a difference: (L-R) Mayor Bill Saravinovski, Mayoress Christine Stavropoulos, Alysia and her par-