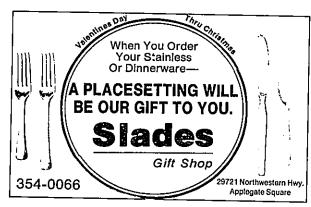
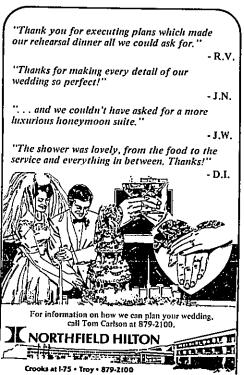


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## They're secure in who they are

Independence has played an important role in Nena and Mel Chudnot's relationship.

It was the first thing that attracted

Mel to Nena when the two met as high school sophomores in Cincinnati,

Ohio.

And it continues to be one of the traits that make the West Bloomfield couple's 15-year marriage strong.

Except for two years after the couple's first child was born, Mrs. Chudnof has maintained her career, giving her an interest and fulfillment outside her home. She teaches academically talented students at West Bloomfield's Roosevell School.

Chudnof, a psychologist who has a part-time private practice and teaches at Oakland Community College, values

"You can't expect someone else to be your sole stimulation," he said.
Good communication and commit-

ment have also contributed to the couple's success.

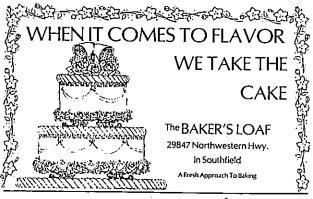
"I think too many people play pas-sive, aggressive games," Chudnof said. "Marriage has become a whole system of get backs."

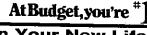
Rather than sulking to get back at their partners or keeping their feelings inside, he said, couples need to learn communication skills so they can express their needs and wants.

The Chudnols set aside time to talk to each other — both partners have to be ready to talk, they said.

Sometimes they go out for brunch

while their children are in Sunday school and occasionally, they steal away for a whole weekend.





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