

## ***Dr. FUN!'s Realistic Romance® Awards***

are given to honor mass media portrayals of sex, love, & romance  
that model the 12 Prescriptions (R<sub>x</sub>)

from *Dr. Galician's Prescriptions® for Getting Real About Romance*.

**Realistic Romance® Awardees are listed below — under the Prescription they most closely model and with the full citation explaining WHY they were selected.**

**Honorable Mentions are also listed.**

***(Unless otherwise noted, awardees are movies.)***

### **Rx #1: CONSIDER COUNTLESS CANDIDATES.**

#### **Realistic Romance® Awardee: *CastAway***

. . . because when Tom Hank's character returns home after being presumed dead, his former fiance has married someone else and had a child. Hard as it is for him to accept this, he does. And while doing his work — rather than desperately seeking a romantic replacement — he meets someone who might become an appropriate partner.

### **Rx #2: CONSULT your CALENDAR and COUNT CAREFULLY.**

#### **Realistic Romance® Awardee: *While You Were Sleeping***

. . . because a young woman who initially believes she's fallen in love at first sight learns that a romance based on friendship and understanding can be even more soaring and solid at the same time.

### **Rx #3: COMMUNICATE COURAGEOUSLY.**

#### **Realistic Romance® Awardee: "Romeo and Juliet (Or, When You Assume You Make an ASS Out of U and ME)," Chapter 6 of the book *Frankly Scarlett, I Do Give a Damn! A Parody of Classic Romances Retold* (Beverly West and Nancy Peske)**

. . . because thanks to courageous clear communication, the outcome of this clever parody (whose title is self-explanatory) is much happier than Shakespeare's tragic version.

### **Rx #4: CONCENTRATE on COMMITMENT and CONSTANCY.**

#### **Realistic Romance® Awardee: *Newsweek's 12/9/02 cover story, "The New Virginity — The Politics of Abstinence"***

. . . because this issue calls attention to the rarely publicized but healthier approach of many smart teens, detailing their stories honestly and without preaching.

#### **Honorable Mention: (song) "The Light" (Common)**

. . . because although some might find his lyrics a bit racy, the popular hip hop artist admirably advocates factors other than sex (friendship, understanding, and commitment) in building a "foundation for a family."

## **Rx #5: CHERISH COMPLETENESS in COMPANIONS (not just the COVER).**

### **Realistic Romance® Awardee: *My Big Fat Greek Wedding***

. . . because although the movie is filled with too many over-the-top ethnic stereotypes, it's rare and refreshing to see a woman who doesn't measure up to model and centerfold proportions find happiness with a thoughtful and attractive man who values her for the complete person she has become.

### **Honorable Mention: *The Truth About Cats & Dogs***

. . . because it validates the personal growth of a man who learns that looks aren't everything and who finally chooses the woman with greater depth if lesser beauty, but it's unfortunate that Janeane Garofalo is presented as less attractive because she doesn't fit the standard movie mold.

## **Rx #6: CREATE COEQUALITY; COOPERATE.**

### **Realistic Romance® Awardee: TV's *Mad About You***

. . . because on most criteria (age, income, etc.), these two were evenly matched — a TV rarity.

### **Honorable Mention: *The Thomas Crown Affair* (1999 remake of the 1966 film)**

. . . because fabulous forty-something romantic partners Renee Russo and Pierce Brosnan are only one year apart — a rare Hollywood exception.

## **Rx #7: CEASE CORRECTING and CONTROLLING; you CAN'T CHANGE others (only yourself!).**

### **Realistic Romance® Awardee: *28 Days***

. . . because after finally seeing the light during alcohol rehab and determining to stay sober, Sandra Bullock's character realizes she can't change her boozy boyfriend, so she simply and without recrimination says, "Goodbye." This wise heroine knows that Myth #7 only works in the movies. (Bonus: The movie doesn't paint these lovers as black-and-white cartoon characters, and she doesn't ride off into the sunset with the attractive baseball player who's still *in* rehab.)

## **Rx #8: COURTESY COUNTS; CONSTANT CONFLICTS CREATE CHAOS.**

### **Realistic Romance® Awardee: ABC-TV's *Life with Bonnie***

. . . because, like all gems, Bonnie Hunt's new sit com is a rarity: The married couple don't constantly bicker and fight and demean each other. Instead, each episode opens and closes with a few tidbits of warm, witty, and wonderful pillowtalk dialog that *is* dialog — courageous two-way communication underlined with obvious loving respect. And it's funny.

### **Honorable Mention: (song) *It Matters to Me* (Faith Hill)**

. . . because the singer is mad as hell and she isn't going to take it anymore.

## **Rx #9: CRAVE COMMON CORE-VALUES.**

### **Realistic Romance® Awardee: *Legally Blonde* (also Realistic Romance® Grand Prize winner)**

. . . because despite the movie's totally unrealistic college and courtroom aspects, the Valley Girl in this fantasy transforms herself into a top Harvard Law School student, turns enemies into friends, and empowers a variety of other people along the way. Wisely dumping her shallow earlier crush whose values are clearly inferior to hers, she ultimately and rewardingly partners with a man who shares her idealism and social activism. He's a lawyer, too, and he's her friend. These two respect and honor each other.

**Rx #10: CULTIVATE your own COMPLETENESS.**

**Realistic Romance® Awardee: (“young adults” book) *Just Ella* (Margaret Peterson Haddix)**

. . . because this exciting novel for adolescents is an empowering reframing of *Cinderella*. After winning the prince, young Ella realizes it’s not the life she wants at all, so she escapes before the wedding. She finds a more appropriate boyfriend who shares her values, but because they each have goals to achieve, they wisely decide to devote time to developing their friendship as well as their romance while encouraging each other to achieve their goals. One day they might marry each other. Meantime, she wonders why people “would rather believe in fairy godmothers . . . than to think you took charge of your own life.”

**Rx #11: (DE)CONSTRUCT CELEBRITIES.**

**Realistic Romance® Awardee: *Nurse Betty***

. . . because in this delightful send-up of Myth #11, Renee Zellweger plays a woman who believes that the doctor she adores and all the characters on her favorite soap are real. But she’s suffering from a traumatic experience that has left her mind out of whack. Most fans who think they really know their favorite stars (and often think they are in love with them) don’t have the same excuse.

**Rx #12: CALCULATE the very real CONSEQUENCES of unreal media.**

**Realistic Romance® Awardee: (music video) *Precious Illusions* (Alanis Morissette)**

. . . because the clever split-screen visuals demonstrating mythic portrayals (for example, a knight in shining armor on one side) side-by-side with comparable realistic visions (a young suitor on a motor bike) perfectly illustrate the wise and hauntingly honest lyrics that acknowledge the singer who “won’t keep on playing the victim” by clinging to her old “precious illusions.” Even though “parting with them is like parting with a childhood best friend,” this smart and talented woman wants “to decide between survival and bliss.”

**Dr. FUN!’s Realistic Romance®  
GRAND PRIZE WINNER**

***Legally Blonde***

. . . because despite the movie’s totally unrealistic college and courtroom aspects, the Valley Girl in this fantasy transforms herself into a top Harvard Law School student, turns enemies into friends, and empowers a variety of other people along the way. Wisely dumping her shallow earlier crush whose values are clearly inferior to hers, she ultimately and rewardingly partners with a man who shares her idealism and social activism. He’s a lawyer, too, and he’s her friend. These two respect and honor each other.

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**SEE THE COMPLEMENTARY LISTING OF  
DR. FUN!’S STUPID CUPID AWARD WINNERS!**