

2005 Dr. FUN's Realistic Romance™ Awards

These mass media portrayals that appeared in 2004 illustrate the 12 **Dr. Galician's Prescriptions**© for healthy relationships. Each Rx is an "antidote" to the comparable mythic or stereotypic portrayal in the *Stupid Cupid Awards* listing, which illustrate the items in my **Dr. FUN's Mass Media Love Quiz**©.

**Dr. FUN's Realistic Romance™ Grand Prize
(Not awarded this year.)**

See ARCHIVES for previous years' winners.

Rx #1: Consider countless candidates.

Awardee: "Jersey Girl"

Although devastated by the loss of his wife, single dad Ben Affleck learns that there can be more than one great love in your life.

Rx #2: Consult your calendar and count carefully.

Awardee: "The Remedy" (Jason Mraz)

Although a bit on the "don't worry, be happy" side (purportedly written in response to a friend's cancer diagnosis), the winning lyric offers this antidotal counter to the love-at-first-sight myth: "When I fall in love/I take my time/There's no need to hurry/When I'm making up my mind."

Rx #3: Communicate courageously.

Awardee: "Before Sunset"

This sequel to "Before Sunrise" offers the decade-more-mature lovers (Ethan Hawke and Julie Delpy) engaging in nearly nonstop gutsy and engaging dialog that truly is dialog, providing conversation that is honest and meaningful.

Rx #4: Concentrate on commitment and constancy.

Awardee: "Kinsey"

Although the movie portrays (often graphically) the perverse sexual behavior of the controversial pioneering sex researcher and educator, the winning aspect of the biopic is the depiction of what sparked the interest of the repressed Harvard-educated Midwest professor: The initially dimly unsuccessful sexuality in his own marriage, and the couple's search for difficult-to-discover (in the 1930s) solution to their physical problems. As Alfred and Claire, Liam Neeson and Laura Linney demonstrate the prescription.

Honorable mention: WB TV drama "7th Heaven" (now on ABC Family)

Rx #5: Cherish completeness in companions (not just the cover).

Awardees (tie): "Don't Change" (Musiq) and "Bridget Jones: The Edge of Reason"

"Don't Change" (Musiq) – It's a special treat to hear a hit rap that honors women (and, in so doing, the male rapper) with lyrics like "See I'll love you when your hair turns gray/I'll still want you if you gain a little weight" and "Cause I'm not impressed, more or less/By them girls in the TV and magazines/'Cause honestly I believe that your beauty/Is way more than skin deep" – intelligently acknowledging "We gonna both physically change" but that doesn't matter as long as their love doesn't change.

"Bridget Jones: The Edge of Reason" – The sequel to the original blockbuster is a bit of a dud, but it's rare and refreshing to see a major Hollywood star break a variety of stereotypes (and without a "fat suit") as a genuinely larger-than-life single who has not one but two handsome men pursuing her

Rx #6: Create coequality; cooperate.

Awardees (tie): TV's "The Cosby Show" (now airing on Nick at Night/TVLand) and ABC-TV's "Alias"

"The Cosby Show" – For 20 years, the husband and wife in this still running and still popular television classic (which shattered many stereotypes) have been a rarity: an evenly matched peer couple who model loving respect and cooperation. Cliff Huxtable (Bill Cosby) is a respected gynecologist; Clair (Phylicia Rashad) is a successful attorney. They share the duties and responsibilities of child-rearing, income-producing, and housekeeping – and they still find time to keep their own romantic fires lit.

ABC-TV's "Alias" – Buff CIA agent Sydney Bristow (series star Jennifer Garner) and fellow agent and romantic interest Michael Vaughan (Michael Vartan) are fairly evenly matched physically and intellectually – and they take turns rescuing each other from tight scrapes.

Rx #7: Cease correcting and controlling; you can't change others (only yourself!).

Awardee: "Bad Habit" (Destiny's Child)

This wise lyrics acknowledge that despite the "hold" the lover might have on the singer(s), there comes a time when you "gotta break this bad habit" – even though you still might "love" the inappropriate partner. Instead of trying to change the lover, the singer explains the realistic solution: "I gotta move on now." In fact, the song offers healthy advice: "Ladies, do you feel me (do you feel me)/Have you ever loved somebody/So much that you went against the right things that you should do?/Then it's time to make a change."

Rx #8: Courtesy counts; constant conflicts create chaos.

Awardee: "Shrek 2"

Shrek and Fiona demonstrate courteous and caring communication and action as newlyweds who don't have to rely on bickering and fighting to create cheap humor based on conflict and cruelty (which comes instead from the supporting characters) — so viewers young and old get a rare and welcome media demonstration of a respectful and loving husband and wife.

Rx #9: Crave common core-values.

Awardee: "Knees of my Bees" (Alanis Morissette)

The first words set the keynote: "We share a culture/Same vernacular" – and the resultant respect and admiration of actual desirable healthy qualities follows (not without the equally delightful emotional high of love: "You make the knees of my bees weak, tremble and buckle").

Rx #10: Cultivate your own completeness.

Awardee: Pop song "Me, Myself and I" (Beyonce)

Inviting listeners to "help me sing it now," Beyonce explains that "It took me some time/But now I am strong/Because I realized I got/Me myself and I/That's all I got in the end" and – fully cultivating her own completeness, she adds: "I took a vow that from now on/I'm gonna be my own best friend."

Rx #11: Deconstruct celebrities.

Awardee: "Win a Date with Tad Hamilton!"

This pleasant spoof of star-struck fans who conflate Hollywood images of celebrities and the real people (actors) behind the Dream factory's images makes the point that it's important to deconstruct these images and take these idols off their pedestals (except to appreciate their artistic talent). As the movie's producer noted: "People worship the movie stars they see on the screen, but if they ever got to meet their idol, they might think very differently."

Rx #12: Calculate the very real consequences of unreal media.

Awardee: Media literacy books and materials

Media literacy offers foundational concepts and applicable strategies for helping media consumers stay in control of the media they use and enjoy – rather than allowing the media to control them. We can and should still enjoy the media, but it's important to learn how to "dis-illusion" ourselves and our media! Media literacy education in other English-speaking nations is far ahead of the United States. It's high time for us to catch up.

Prescriptions © 2000, 2001 by Dr. Mary-Lou Galician. All Rights Reserved.

Awards © 2005 by Dr. Mary-Lou Galician. All Rights Reserved.