

### First Place

Lynnell Knight  
Zionsville Times Sentinel  
Soapbox Soliloquy

Comments: Very clever "takes" on culture. "What Would Jesus Eat" was keenly done. Grammy piece made me want to watch next year. Well done.

## Best General Columnist Division Nondaily 2/Category 5

# What Would Jesus Eat?

Fat has a new foe.

Diet gurus have drawn the ultimate big gun in the quest to design the ultimate lifestyle diet. I heard it on the news so it *must* be true – there is a Jesus Diet!

I kid you not.

At the time I didn't have time to hear all the details, so I crammed the rest of my donut into my mouth, grabbed purse and keys, and ran out the door to a morning appointment for which I was likely running late.

Still. Jesus Diet, huh? Call it morbid curiosity, but I had to know more. And what do you do when you want to know more about anything?

Read a book?

No, no, no. You go to the Internet, silly. (And if you use the internet at the library, it seems more research-y.)

So I went to the Internet, looked up this phenomena and found an excruciatingly long article by a Rev. Brother Nazariah, D.D. (What in the name of Noah is a D.D.? Doctor of Dementia?)

ANYWAY, this guy wrote thousands and thousands of words about the Essene Fruitarian Diet (the technical Latin term for "The Jesus Diet."), and immediately proved once again that you can't believe everything you read, present column excluded, of course.

He started out by writing: "While it is true that Jesus required only basic vegetarianism to become a baptized disciple, it is also true that he strongly encouraged those who were willing and able...to go on to become Essene Fruitarians."

Wow. I have read through the Bible and never once saw a passage that stated Jesus was a vegetarian, or a Republican, or anything like that. This is very bad news for all those Old Testament priests who subsisted on the meat offerings to God.

I confess to emitting a rather loud snort when I read there indeed is such a thing as fruitarians. Reference the scene in the movie, *Notting Hill*, where a blind date is telling the protagonist that she's a fruitarian – and eats only parts of plants which can be consumed without killing the plant. "So these carrots...?" asks the guy. "Murdered!" she passionately replies.

So, there really are fruitarians. Huh. I just thought it was some script writer's fertile imagination.

There are even sects of them – hence we have the Essene fruitarians.

My interest was definitely piqued, so I scrolled further down. Let's see, apples, oranges, squash, corn, cucumbers, almonds – all okay. Milk is okay, but only raw milk. This guy writes, (and I quote,) "The milk you buy in a typical grocery store in modern America is NOT THE MILK ENDORSED BY JESUS!"

I scrolled further and saw phrases like "feed our aura" and "enhance and intensify your direct communion with God and cosmic consciousness." Then in bold type such startling phrases as: GET NAKED WITH GOD and PERPETUAL SPIRITUAL "FULFILLMENT" (I thought a euphemism seemed appropriate here).

Okay, so I'm seeing this as all quite nutty, pun intended. Either that, or Rev. Brother Fruitcake has an extremely fertile imagination himself. For example, he claims the "fall into the flesh diet was the second fall of mankind" and that our goal should be "to become an angelic being that eats no body parts of any other living entities, including plants."

But as ridiculous as it sounds, it looks like we do have the three basic elements for a new lifestyle fad: sustenance, sex and spirituality. Before long we may even see the likes of Madonna and Richard Gere wearing flat leather sandals, eating macrobiotic food and protesting the murder of carrots.

But I digress.

After several thousand more words, there was a synopsis of the three phases of this diet. Phase Three, admits Nazariah, is not fully embraceable while living a "normal American lifestyle because it's definitely not for the normal American – or the normal *earthling*." (His word, not mine. I hardly ever use the word normal.)

He rounds it all out with several days' worth of recipes consisting mostly of figs, organic melons and steamed brown rice. I'm afraid I'll have to depend on God's grace as I sinfully intend to remain a sauce-loving flesh and broccoli eater.

Oh yes, and he also takes MasterCard and Visa if you'd like the complete diet information packet – guaranteed to get you in good with the cosmos.

Evidently Jesus *does* endorse capitalism.