

# THE IMPORTANCE OF BREAKFAST



Comedian Jason Drury offered an unusual solution for the Broncos

At every Broncos home game, I'm walking around Invesco Field with my Mile High Sports microphone, looking for the fan in the stands. One particular week, I bumped into a guy who was absolutely hilarious – Jason Drury. On Thanksgiving weekend, he was my “Fan in the Stands,” discussing the lighter side of the Broncos.

While there were plenty of nuggets of information to be found in the interview, one story stood out. Due to a chance encounter in the past, Jason believes he has to the solution for what ails the Broncos. Here's a snippet of that interview:

**What do you think the Broncos need to do to get better?**

I've done something that every Broncos fan should do: I wrote a letter to the Broncos, attention “Pat Bowlen.” Hand delivered. They wouldn't let me get through security, but I'm sure it will get there. One thing that every Broncos should be doing and they'll win more – breakfast.

They should be having breakfast; it's the most important meal of the day.

**Why breakfast?**

When I was in Chicago, I was a waiter at a high-end sushi restaurant – the kind of place where all of the women wear really pointy shoes. John Elway came in and went to the lounge. I had



been fired, but my friend still worked there. He saw Elway and thought, “I better get an autograph for Jason.” Later, he calls me over and says, “Look, I got you this” and gives me the autograph. It says, “To Jason, (Scribble, scribble!) John Elway.” First, I was like, “Thank you so much, Angel. For you to do this is phenomenal.” But then I looked at it and couldn't figure out what he wrote. I looked at Angel and said, “What did he write here?” And Angel said, “My brother and I think he wrote ‘Breakfast!’” It made perfect sense to me. It just clicked.

**So not enough Broncos are eating breakfast?**

I guarantee you there is one person on the team right now who is eating breakfast every day – Tim Tebow. He probably eats breakfast two or three times per day because he knows it's so important.

**If you could sit down with Josh McDaniels, for breakfast, what would you say to him?**

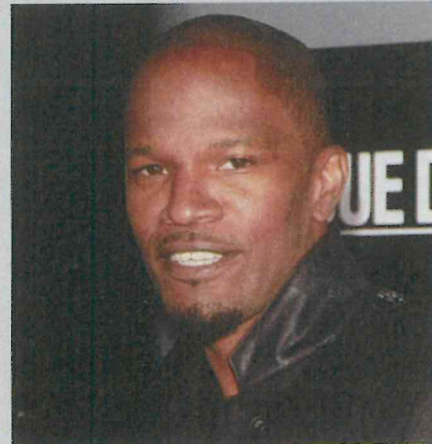
First of all, I'd ask him, “How do you like your eggs?” That's very important. The second thing I would tell him is to develop the running game. We need a running game. I know in the NFL, everyone talks about the Mannings, the Favres and other quarterbacks. But football begins and ends with the running game. You have to be able to run the ball and you have to stop the run. If you can't do those two things, you'll get dominated. Just look at the Raiders game.

For the entire interview, log on to [livewithlisa1510.com](http://livewithlisa1510.com).

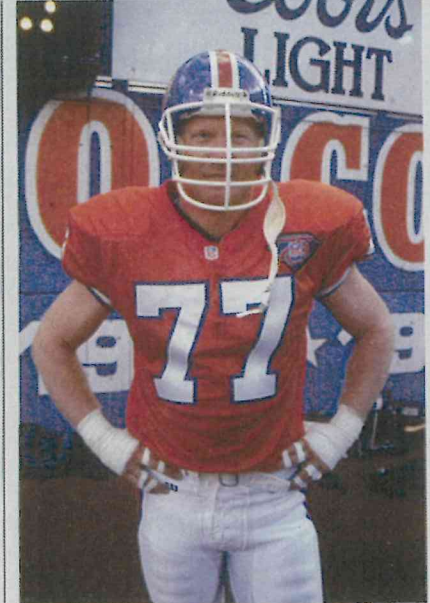
## ★ THEY'RE JUST LIKE US LISA SEES ALL AND HEARS ALL AROUND TOWN



Who's been shopping for the little girls in his life? None other than Mr. Big Shot, **Chauncey Billups**. I spotted the Nuggets guard doing a little retail therapy at JUSTICE for GIRLS on Orchard and University... Workin' the bar and the bowling balls at Lucky Strike in Denver Pavilions? That's right, J.R. Smith.



Deep pockets also have big hearts as was witnessed at the Benefit for Global Down Syndrome Foundation at the Hyatt Denver Convention Center, where more than a \$1 million was raised. Grammy-award producer Quincy Jones, singer/actor Jamie Foxx, his sister DeOndra Dixon, and Survivor host Jeff Probst were in Denver to honor Timothy P. Shriver (yes, of the Kennedy/Shriver clan back East). Saks Fifth Avenue assembled stunning outfits for the ladies and the gentlemen, with oohs and aahs echoing as Chauncey and Piper Billups worked the runway, along with former Denver Broncos Ed McCaffrey and Billy Van Heusen, actress Stephanie Kramer, golfer David Duval, and rising musical talent Eric Hutchinson.



Former Denver Bronco-turned-motivational-speaker/author **Karl Mecklenburg** was spotted hangin' out at the United Airlines terminal at LaGuardia Airport waiting to head back to Denver. First class? With those long games? You betcha! See you around town!



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