Luke Schenn has been traded to the Flyers in exchange for winger James van Riemsdyk. Wow.

My fantasy mailbag is open for the first time in months. Ask your questions here.

The Benoit Pouliot trade to Tampa is an interesting one. Fantasy analysis coming soon...

Six years ago today Vancouver traded for Roberto Luongo from Florida, sending Todd Bertuzzi and Alex Auld the other way. A lot can happen in six years...

A solid take on the Ribeiro trade from Dallas beat writer Mike Heika.

'But if you look at Ribeiro's game, there are also some concerns that could have helped make this a dark time. His insistence on taking long shifts used to frustrate the heck out of Brad Richards and Mike Modano, and they could have played a huge part in Jamie Benn having such a strange season last year.

Bottom line, when one forward overstays his shift, it affects every other forward on the team. If Ribeiro stays out when his linemates change, then the next center is off. Loui Eriksson is very diligent about taking 45-second shifts, so if Ribeiro stays out an extra 15 seconds, then the next center misses 15 seconds with Eriksson.'

Matt Duchene has signed a two-year contract with the Avs - cap hit of $3.5 million. He had a terrible 2011-12 season, but is still young and very, very talented. This is a bridge contract, as the Avs want to give Duchene time to prove himself and he wants to show them that he is worth a big money, long term deal.

The Jets have acquired the rights to Jonas Gustavsson from Toronto in exchange for a late draft pick. He should be the back up to Ondrej Pavelec - Gustavsson is highly skilled but he struggled in Toronto with consistency.

TSN is speculating that the Penguins are clearing cap space to take a run at Ryan Suter. Michalek back in the desert is an interesting move. I'll post a fantasy analysis later on today. He returns to the spot where his career took off.

The Canucks are negotiating with RFA Cory Schneider on a new contract - sounds like it will be signed before a Luongo trade.

The two frontrunners for Luongo are Florida and Toronto. The Panthers have Markstrom but they still are pursuing Luongo hard - what does that say about their belief in Markstrom? Not ready yet? I guess it depends what they can get Luongo for.

Ramblings will be updated throughout the day on Saturday. So much to write about right now – went out for a birthday dinner on Friday night and turned the Twitter off. Was pretty difficult to do.

Mikhail Grigorenko slid into the laps of the Buffalo Sabres at pick 12. The skilled Russian had top three talent according to most scouts.

Jarrett Stoll and Colin Fraser have both re-signed with the Kings. Stoll for three years, and Fraser for two.

The Stoll re-signing likely means the end for Andrei Loktionov in the Kings organization. A trade or a return to the KHL, perhaps? He is very talented but is a center, and the Kings are stacked up the middle for the foreseeable future.

Roberto Luongo suitors – Toronto or Florida. Who knows if and when a deal gets done.

Jordan Staal to Carolina. Man. The fantasy ramifications of this one are absolutely massive. Staal did serious heavy lifting for the 'Canes, and now that role goes to Brandon Sutter .

Sutter is a very good player. Much like Staal, he's a rangy and gritty two-way center. This hurts his value.

Staal becomes L2 center behind big brother Eric. His production is sure to increase.

The full trade – Staal to Carolina for Sutter, 8th overall, and prospect Brian Dumoulin.

Dumoulin is one of the best defensemen in college hockey. He recently won a National Title with Boston College – teammates of Chris Kreider.

Pittsburgh used the 8th overall pick on defenseman Derrick Pouliot. The third straight year a Portland Winterhawk (WHL) has gone in the first round. Incredible talent coming through there – Ryan Johansen , Sven Bartschi, Nino Niederreiter , and so on.

The 'Canes were dealing from a position of strength with so much talent on the back end there.

Another note – does this trade free up cap space for the Penguins to take a run at Zach Parise ? Can you imagine that power play?

Mike Ribeiro was traded to Washington in exchange for Cody Eakin and a 2nd round draft pick. What the heck are the Stars going to do up the middle? Keep
Jamie Benn
there? They are pencil thin as it stands.

Ribeiro will likely center the second line for the Capitals. This pushes Marcus Johansson down the depth chart. Ribeiro is very creative with the puck, and he's a better player than many give him credit for. This is a huge upgrade and will help the likes of
Troy Brouwer
and
Brooks Laich
immensely.

Eakin is a great prospect – he plays with a lot of tenacity. Has been compared to Zach Parise , and he has similar upside. Eakin scored 47 goals in his best season in the WHL back in 2009-10.

Last year in Hershey he had 27 points in 43 games as a rookie pro. With 30 games in Washington, he had four goals and four assists.

I could see Eakin starting off as a third line winger with the Stars. This trade helps gives him a great chance to be productive right away, whereas in Washington he would probably have had to wait a bit longer.

The Islanders acquired defenseman Lubomir Visnovsky from the Anaheim Ducks for a 2nd

round draft pick. An interesting move – Visnovsky is a PP specialist and could fit in alongside Mark Streit on the top unit.

Visnovsky has one year left on a contract that pays him $5.6 million (although his actual salary is only $3 million – something that surely interested the Islanders). Streit has one year and $4.1 million left on his contract.

I'll have a full fantasy breakdown of this trade up later on today. Lots of trades and stuff to break down.

Edmonton makes the smart move taking Yakupov first overall. Let the kids play, and make a move only when you need to. Imagine the value they will all have in a few years?

Justin Schultz has to really be eying the Edmonton situation. The potential to run a PP next year (and for the next decade) featuring Yakupov, Taylor Hall , Ryan Nugent-Hopkins , and Jordan Eberle ?

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