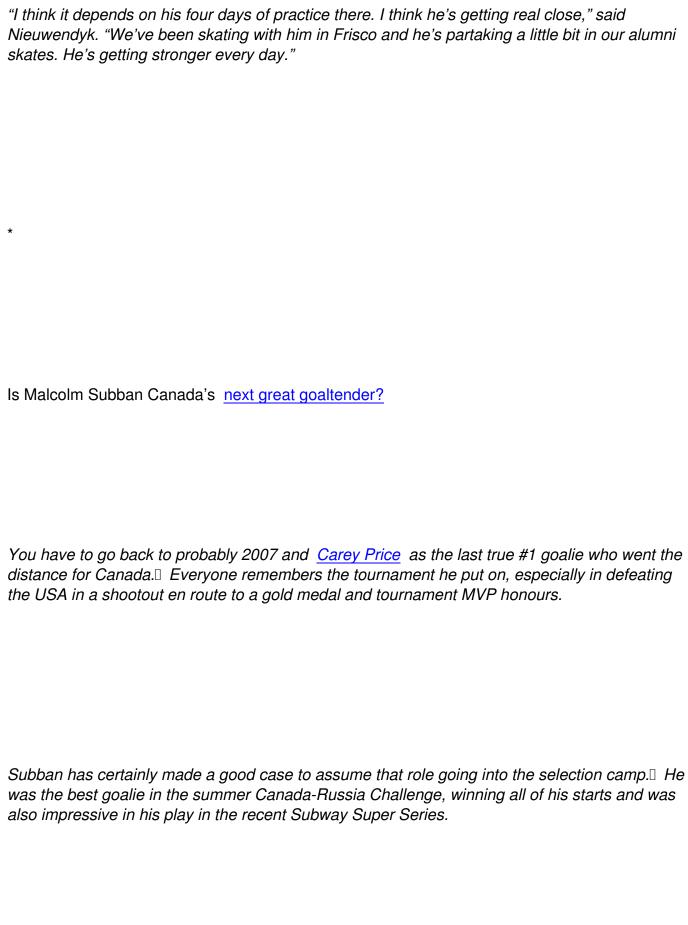
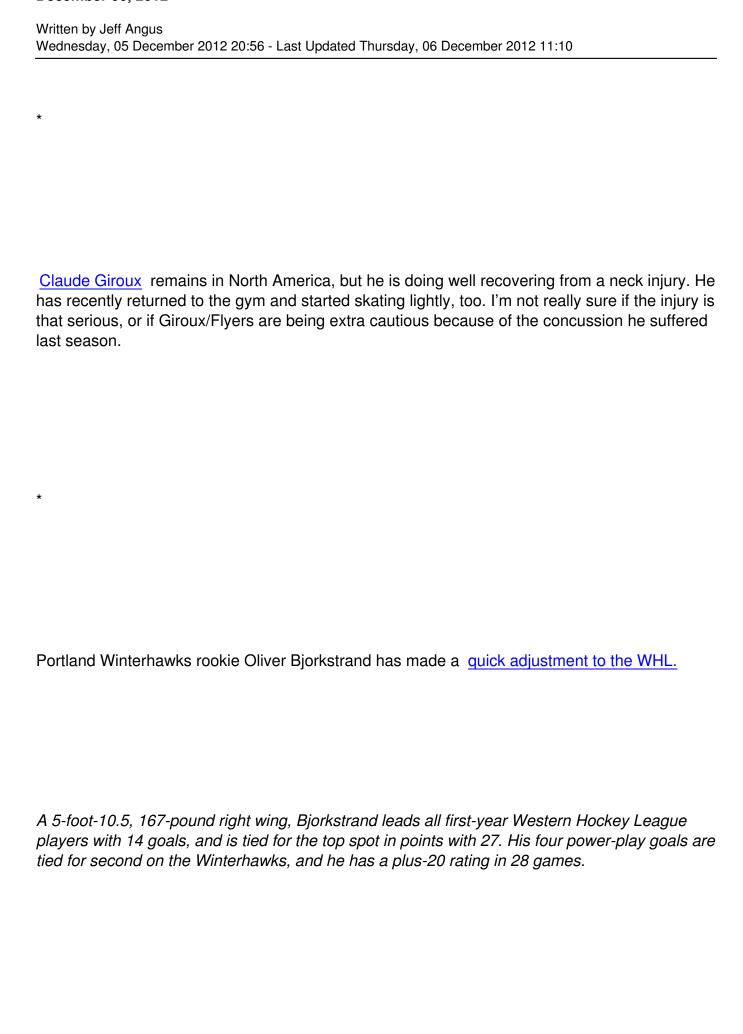


Written by Jeff Angus

Wednesday, 05 December 2012 20:56 - Last Updated Thursday, 06 December 2012 11:10 They wouldn't have brought him in to Edmonton if it was nothing. I have a hunch it is more serious than they are letting on. Alternatively, this could be there way of delaying his World Junior decision to see what transpires at the NHL meetings this week. If the NHL resumes in late January, the Oilers won't want their top line center playing in Ufa, Russia along with the rest of team Canada. Speaking of shoulders, Derek Roy is right on track for a return in a few weeks. He is going to begin practicing with the AHL's Texas Stars very soon. I am curious to see how he does – he hasn't been fully healthy in almost two years (he played with the shoulder issue last year, and didn't have his usual speed after tearing a quad muscle the season before). On Roy:

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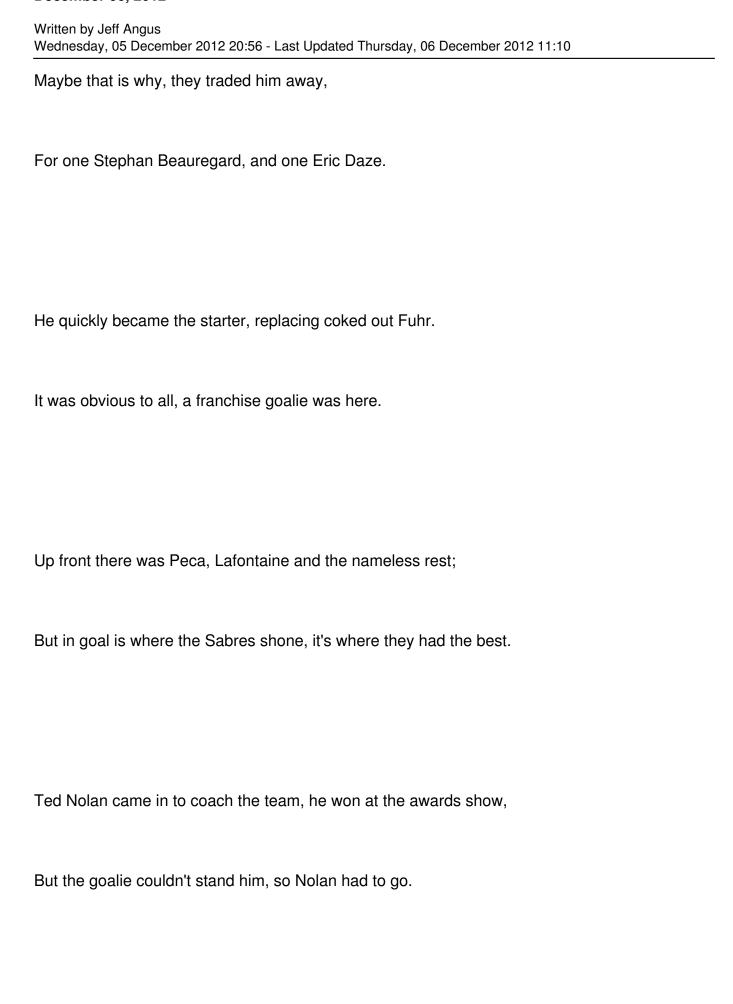
It always impresses me when 16 and 17-year-old kids make such a quick adjustment to not only a new league, but a new country and culture after coming over from Europe. Really speaks volumes to their maturity. Minnesota Wild prospect Mikael Granlund is ready to return to the Houston Aeros lineup after missing 12 games with an ankle injury. The Aeros next game is on Friday night. My latest fitness posts: Five Ways to Burn Fat at the Gym

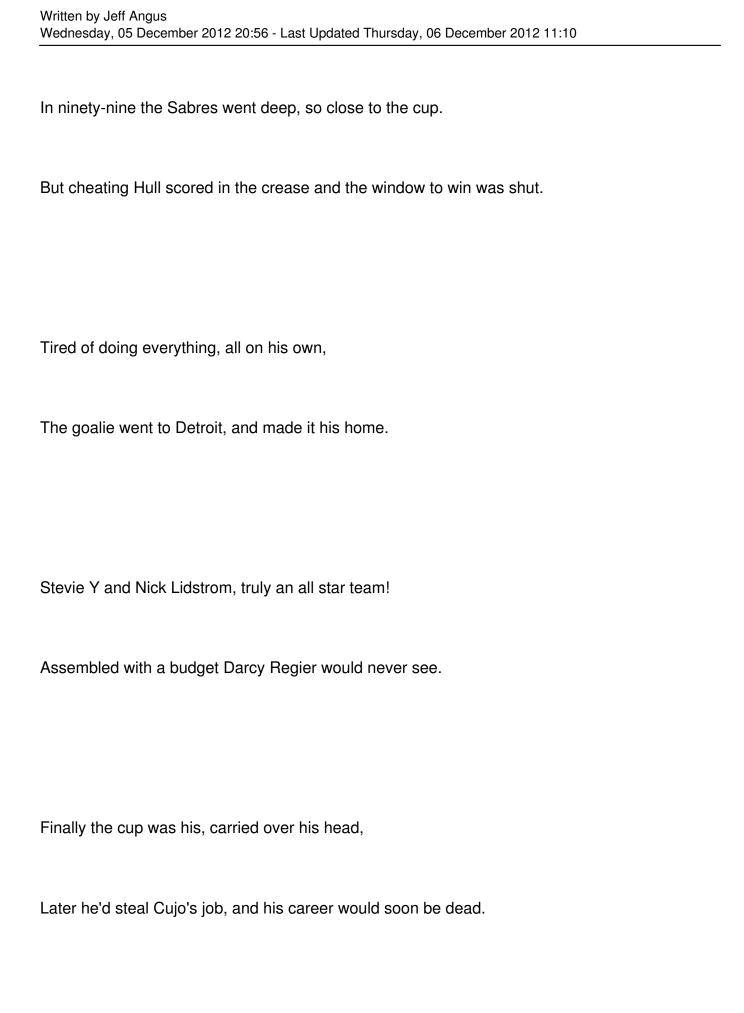
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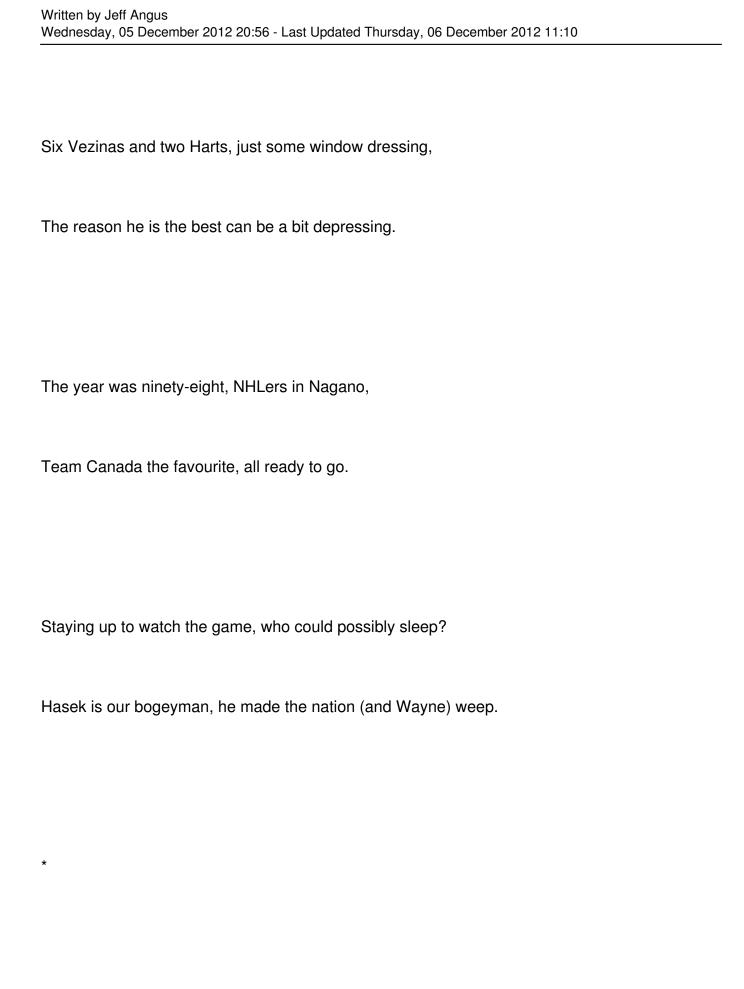
Written by Jeff Angus Wednesday, 05 December 2012 20:56 - Last Updated Thursday, 06 December 2012 11:10
And some thoughts on Gluten-Free Diets
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Looking for Christmas present ideas? Here is a comprehensive list of the best hockey books out there.  My favorite hockey book is 'Tropic of Hockey.
This book, better than any other I have read, shows why the sport of hockey has captivated so many people. Fans fall in love with the game without knowing the slightest rule or fact about it, and players all around the world (literally everywhere) are united by one thing – their love of a fresh sheet of ice, a puck, and a stick.
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Written by Jeff Angus Wednesday, 05 December 2012 20:56 - Last Updated Thursday, 06 December 2012 11:10 It is going to be really interesting to re-do projections for players if we do indeed end up with a 40-60 game season. Who does this favor? Do players who have been resting/working out have the edge because they are less fatigued, or will their rust be noticeable for a lengthy period of time? Congrats (again) to Bowlercoaster, who captured his second straight DobberHockey contest with a fantastic poem submissionn. Here is what he wrote on "the greatest goaltender of all time." Canada's Bogeyman Drafted very late, as legends often are,

Chicago had no clue, they had a future star.







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