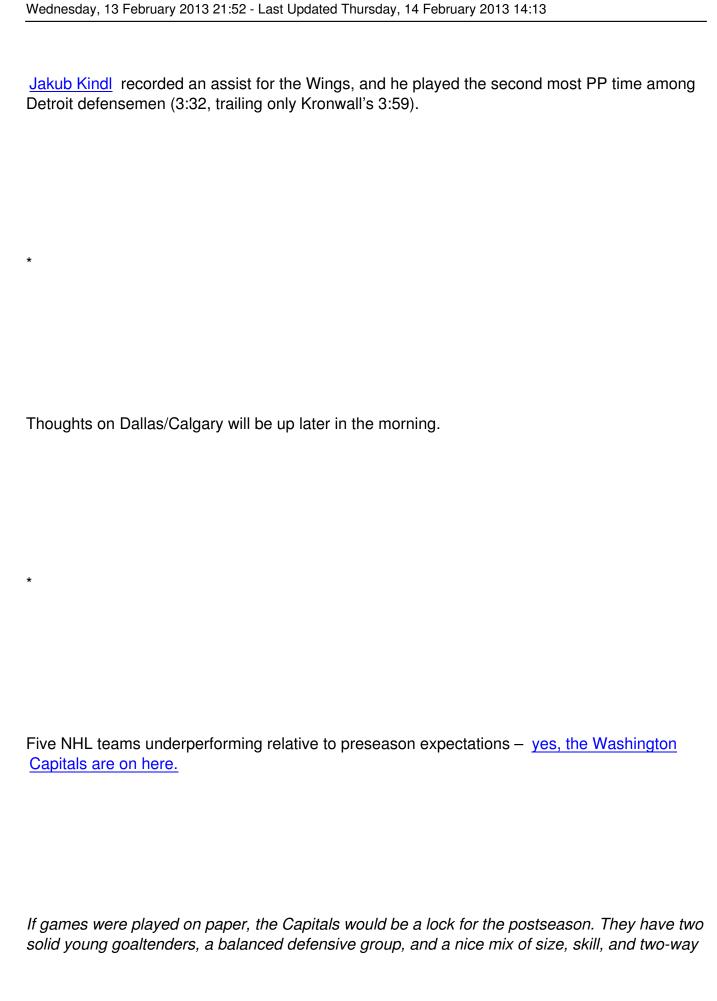


Written by Jeff Angus



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Wednesday, 13 February 2013 21:52 - Last Updated Thursday, 14 February 2013 14:13 play up front. However, they have really struggled out of the gate in 2013, and currently sit dead last in the NHL. There is no shortage of blame to go around. GM George McPhee overreacted a few years ago when the Capitals were bounced in the postseason by the sublime goaltending of Jaroslav Halak. Instead of tinkering with his offensive juggernaut, McPhee tried to overhaul the philosophy of the team. One problem - he didn't get buy in from his top players. Doomed to fail from the start. Is Taylor Hall the best young player in Edmonton? Some interesting research in this piece says yes.

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The Ryan O'Reilly counter-argument, from Adrian Dater.

Your camp may be ridiculing supposed friend and teammate <u>Matt Duchene</u> for taking a short-money contract and thereby setting a floor too low for your own self. Fine, but guess what?

<u>Matt</u>

Duchene

worked his butt off this summer, got himself in incredible shape and has played great this season, and now he's likely looking at a huge new contract before too long. Maybe the Avs even reward him already with a rich contract extension before too long, to not have to worry about keeping him down the road.

<u>Jaromir Jagr</u>'s impact in Dallas <u>has already been profound</u>, and we are only a month into the season:

That belief in themselves that Jagr speaks of is a mentality that did not exist last season and is a big reason for the late collapses by the Stars the past few years -- and a big reason for the changes the franchise made last summer. This season the Stars struggled without a true identity while working through the absences of several key players; now the Stars have won five of their last six games and finally seem to be coming together with a locker room culture once



again built around hard work but more importantly -- a belief in themselves and each other.

Scott Howson's tenure in Columbus wasn't all bad. <u>He did a lot of good things for the organization.</u>

Take a look at some of the guys who we're most excited about in the prospect pool: <u>Cam</u>

<u>Atkinson</u>

Mett Cohvert

Matt Calvert

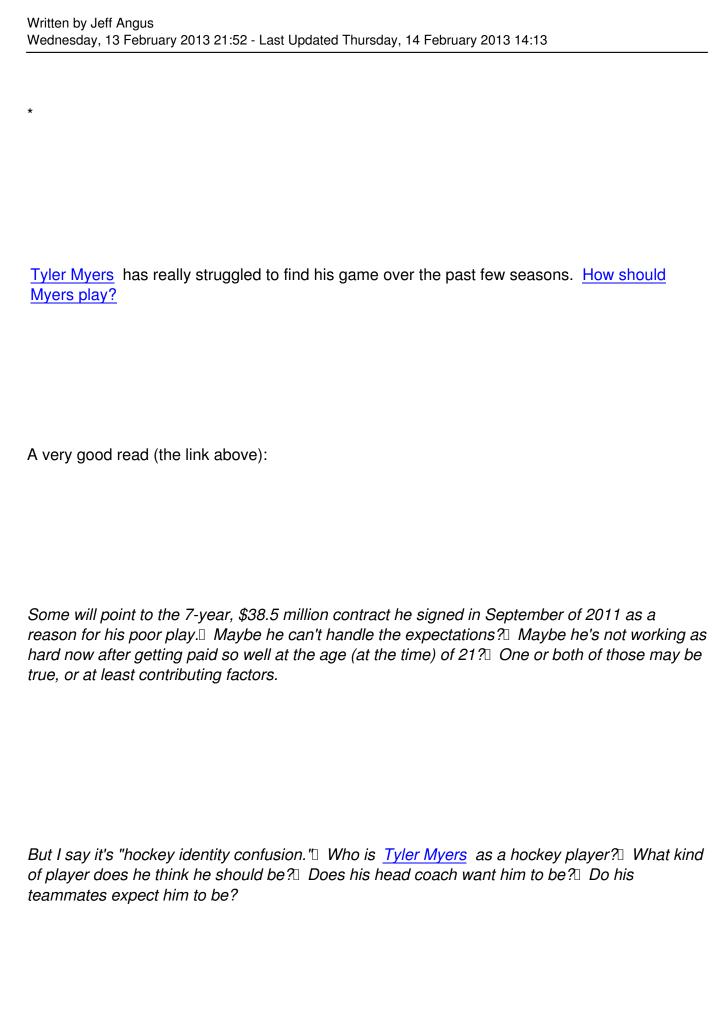
John Moore

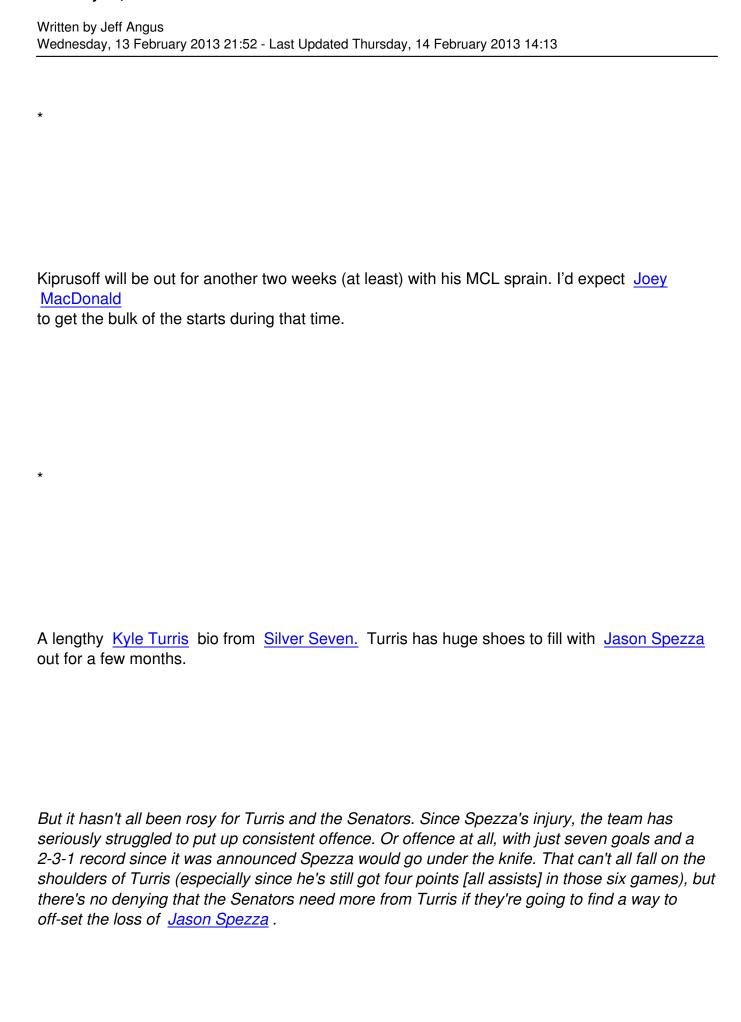
, Will Weber, David Savard

Boone Jenner

Ryan Johansen

, Oscar Dansk, and Ryan Murray. Not all of his draft picks succeeded, but there's a deep core of talent now that Howson established and nurtured. More than a few players in the club's prospect pool are still marinating in the NCAA, and may very well come through to make an impact on this club in the near future - particularly standouts like T.J. Tynan and Mike Reilly.

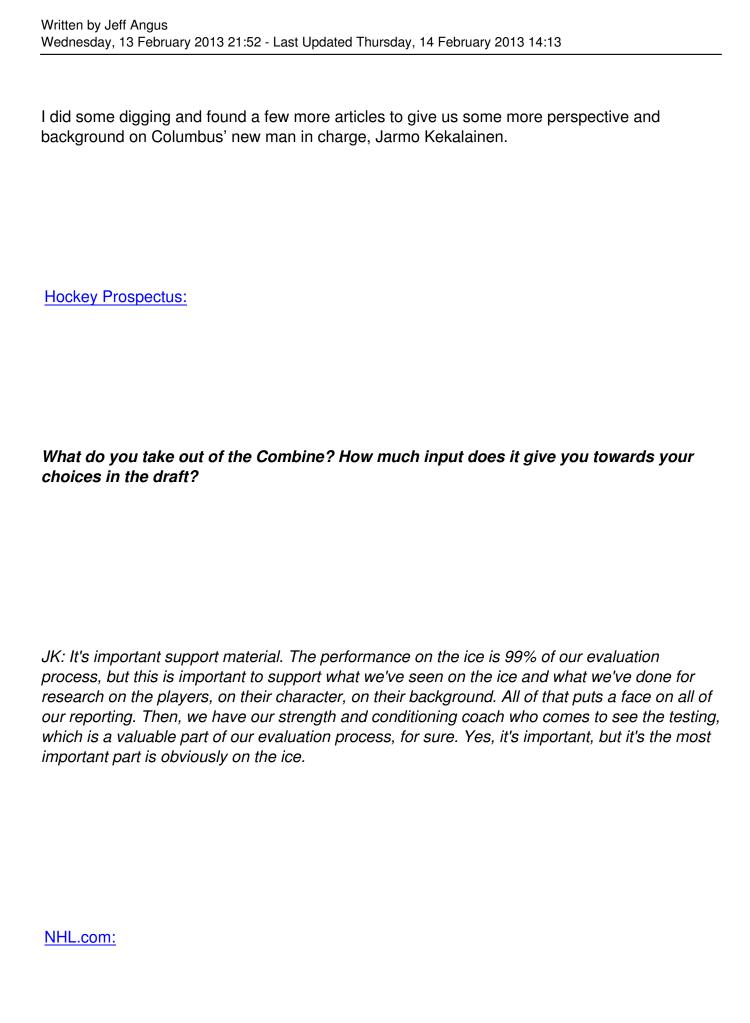




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That might come with more shots, as Turris has only seven shots in his last six games. He's still a very young player and has months to get more comfortable in this new position on the depth chart, granted, but based on the few games we've seen so far Turris has looked (to me, at least) more like a complementary second-line centreman who's pretty good at most things but not exceptionally good at many of them.
*
Jonathan Drouin is staking his claim as the best prospect available for the 2013 draft.
With Halifax teammate and competition for the #1 overall pick Nathan MacKinnon on the shelf, Drouin steps up with a huge performance:
{youtube}hOyRr28dA8k{/youtube}





Written by Jeff Angus Wednesday, 13 February 2013 21:52 - Last Updated Thursday, 14 February 2013 14:13 As the scouting director for the Blues, Kekalainen was responsible for drafting many top players, including current Blues captain David Backes, along with T.J. Oshie and Alex Pietrangelo "Jarmo has an excellent feeling for players and knows how to put the puzzle together," Stubb said. "I have never worked under him, so I do not know if he is hard or not. But understand, both players and management have a lot of respect for him and his inside knowledge of hockey." If you feel like torturing yourself, here is another read on the Coyotes ownership debacle. This is a pretty good and level-headed piece.

As of the 2012 rankings, the Phoenix Coyotes are valued at \$134 million, which is 29th among

the 30 teams according to the magazine.

Written by Jeff Angus Wednesday, 13 February 2013 21:52 - Last Updated Thursday, 14 February 2013 14:13 Yet, the NHL continues to list the Coyotes sale price at a firm \$170 million. If you were any of the astute businessmen named above, would you pay well above market value? The value in Phoenix "does not pencil out," as I'm told by sources in the wake of Jamison missing the deadline. Even though they have been dominant at even strength this season, the Chicago powerplay has left much to be desired. This writer has a suggestion – get Brent Seabrook to shoot more.

There's too much talent for the Hawks to be this bad with an extra skater. And again, I'm not dumping all this on Seabrook, but too many times, it seems, the Hawks defenseman has had the puck at the point or the top of the slot and then hesitated and looked for a pass. No. Stop. Get it and shoot it. Got it?

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Even if the opposing goalie figures to see the puck because the Hawks lack net presence to start with, Seabrook and the other point men need to just shoot the puck and let the \$18-million-plus collection of forwards crash the net looking for rebounds. Impossible to stop, and just another reason why he is on my top line for Canada's Sochi team: {youtube}cnzZdz2QbUI{/youtube} Danius Zubrus has been placed on the IR, and the Devils have recalled Andrei Loktionov. Ti me to see what you can do, kid!

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earlier activity.

Wednesday, 13 February 2013 21:52 - Last Updated Thursday, 14 February 2013 14:13 Lamoriello said Loktionov was called up so the Devils coaching staff can get a look at him. Loktionov, 22, was acquired from Los Angeles last Wednesday for a 2013 fifth-round draft choice and played two games for Albany. "We wanted to bring him in and just see where he's at," Lamoriello said. "He played two games and he played extremely well. We'll give the coaching staff a chance to see him the way they've seen all the other players. We had the spot with Zubrus." My 10 Nutrition Tips for February – the death of energy drinks, GSP's diet, hormone hacking, and more. Give early morning exercise a try if you are trying to lose fat: The researchers discovered that those who had exercised in the morning did not consume additional calories or experience increased appetite during the day to compensate for their

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They also found that those who had exercised in a fasted state burned almost 20% more fat compared to those who had consumed breakfast before their workout. This means that performing exercise on an empty stomach provides the most desirable outcome for fat loss.

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