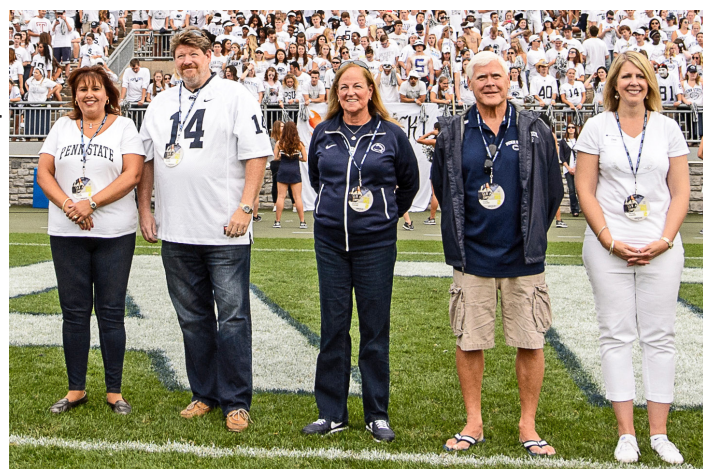




FROM PRESIDENT LINDA MATESEVAC

We're off and skating...finally! It feels like we've been waiting forever for the season to begin, but finally it did and so far, so good. Congratulations to the team for the opening series split with 16th ranked St. Lawrence, the win and tie over 3rd ranked Notre Dame, and then the sweep of Canisius.

I'm very excited to announce that Brandon Biro (pronounced BUY-ro) is the first recipient of the FOPSMH endowed scholarship (see the picture below of Brandon scoring his first goal). Brandon is a forward from Sherwood Park, Alberta, and played junior hockey for the Spruce Grove Saints of the Alberta Junior Hockey League (as did Dylan Richard). Brandon wears number 10; be sure to follow him on the ice whenever you get a chance to watch the team play!



Representing FOPSMH, President Linda Matesevac (center) is recognized with other scholarship donors in Beaver Stadium during the September 17 PSU/Temple game.

Besides providing financial support for our student athletes, FOPSMH also works to encourage fan enthusiasm and involvement. As a thank you to our members for joining the club and for their support, we are hosting a dessert social in the Mt. Nittany Room on the concourse of the Pegula Ice Arena following the Friday, December 2nd game against Michigan. Coaches and players will be there, and I hope you will join us; please don't forget your membership card. We also hope to have a few 'watch parties' in February as PSU plays Big Ten opponents on the road; come and cheer with true PSU hockey fans and enjoy an evening of friendship and fun. Speaking of fun, those of you in the State College area can join us at Letterman's every Tuesday night

for Coach Gadowsky's radio call-in show, which is hosted by Brian Tripp, the "Voice of Penn State Men's Hockey."

We are planning an overnight bus trip to Columbus, Ohio for the PSU-OSU game on January 7, 2017. There is still time to register (see page 2); our first trip in 2015 was a huge success, and this promises to be a battle between what are as of this writing two of the top-ranked teams in the Big Ten. Also, many of us are driving to the PSU-Princeton game at Wells Fargo Arena in Philadelphia on January 28, 2017; let's fill the arena with blue and white!

Please continue to visit our website, our Facebook page, and Twitter to stay current with our activities and events, to see photos of the games, and to be aware of any important updates. It has been a pleasure to meet so many of you in person when you have stopped by the FOPSMH table at each home game to pick up your membership cards and/or lanyards, to buy 50/50 tickets, and to support our raffle.

On behalf of the Board of Directors, thank you for being part of our club, and Go, Penn State!



FOPSMH endowed scholarship recipient Brandon Biro (10) scores the first goal of his Nittany Lion career against Canisius on October 28.

ASK COACH GADOWSKY

Question: What are the significant rules changes this year and how will these affect the game?

Coach Gadowsky: There are no significant rules changes for this season. What is significant is that officials now will try to “reclaim the rulebook.” By that I mean that there will be a much greater emphasis on enforcing existing rules, especially stick (for instance, hooking) and interference penalties. You will see a lot more of these types of penalties called. In the past few years, the points of emphasis dealt mostly with hitting from behind and hits to the head at the expense of “lesser” penalties, but that will now change to include a lot of calls that at first glance don’t look like much.

Question: How would you describe the demeanor of this year’s team so far?

Coach Gadowsky: Well, Coach Lindsay felt going into overtime against Notre Dame that we looked calm and confident. That just may wind up being the demeanor of this team. A lot of that comes from (goalie) Peyton Jones. You know, the goalie’s job is not just to stop pucks, it’s to be what I call an

atmosphere regulator, especially in the defensive zone. And that will spread to all zones. Matthew Skoff was like that, Eamon McAdam developed into that.

Question: Do you schedule non-conference teams based on their style of play in order to prepare for the types of teams in the Big Ten?

Coach Gadowsky: We plan as well as possible. The problem is that a lot of these games are scheduled two or three years in advance, and you can’t always count on things staying the same over that long a period. When we can, we want to play teams from the area, and teams that interest our fans, and we do try to find the right match-ups for Ratings Percentage Index (RPI) purposes. *(Editor’s note: The RPI is one of several tools used to select teams for the NCAA Men’s National Championship Tournament. The index reflects a team’s winning percentage, the average winning percentage of the team’s opponents, and the average winning percentage of the team’s opponents’ opponents. RPI calculation also factors in home vs. road results.)*

Question: When recruiting players, do you look for multi-sport athletes, or do



PSU Athletic Communications

you just concentrate on their hockey?

Coach Gadowsky: We try to find out as much as possible about players we recruit – academics, other sports, and other information. It’s a benefit to have well-rounded guys on the team. There’s not a sport out there that doesn’t want outstanding ATHLETES. A lot of our guys have played many other sports – soccer, basketball, lacrosse, golf. P. J. Musico was a surfer. But with the way the hockey season is now, I don’t think we will see any more college hockey players also participating in another sport at the collegiate level.

ROAD TRIP!!!!!! BRING ON THE BUCKEYES!!!!!!

The Penn State men’s hockey team will play at Ohio State on Saturday, January 7, 2017. The Friends of Penn State Men’s Hockey (FOPSMH) is planning an overnight trip to attend this game.

We will leave State College on Saturday morning January 7, and return to State College Sunday afternoon. The cost of the bus will be \$85 per person for 2016-2017 members. This price includes the bus, bus driver tip, transfers between the hotel and the arena, and **GAME TICKET; MEAL COSTS ARE NOT INCLUDED IN THIS PRICE.** We also have reserved rooms at \$116 per room plus tax (approximately \$20); this price **INCLUDES A MADE –TO-ORDER BREAKFAST.**

Please go to our website (www.fopsmh.org) or contact Joel Sobel by phone (814-231-0470) or e-mail (joelsobel@hotmail.com) for more details or to make a reservation.

ASK THE LIONS

Question: *Do you have any game day routines or rituals?*

Peyton Jones: Not many. After I eat, I go back to the hotel or dorm and take a good nap. Then I go to the rink, and I tape my sticks first. I start warmups by concentrating on those parts of my body that need it the most.

Andrew Sturtz: I do not nap. I will not nap, no matter how little sleep I've gotten. I lay down for an hour, then I watch the same four YouTube videos (of NHL players) – one of Patrick Kane, two of Andrew Shaw, and one of Brandon Prust. At home, if the game is at 7 pm, I get to the rink between 4:00 and 4:30. Then I tape the bottom of my sticks. I do that EVERY time, the routine is definitely there.

Question: *You've played with several of your current teammates on various teams in juniors. Is this an advantage to you now at Penn State?*

David Goodwin: It is to a point. More importantly, I've played with and against lots of great players in juniors, some of them are now in the NHL, and I've played under different head coaches. So I think that the more you interact with different players and coaches, the more beneficial it is to you in the long run.

Vince Pedrie: This can be a positive. It's nice when you already know a guy, to have already had a relationship with him. But once the new guys get on campus, you form good relationships with them very quickly, and so it doesn't take long before all of us work well together.

Question: *Does your family get to see you play?*

Vince Pedrie (hometown: Rochester, Minnesota): Last year they came quite a bit. Since then they've relocated to Chicago, and things will be a lot easier for them. They'll definitely be at the Notre Dame games.

Chris Funkey (hometown: Orland Park, Illinois): I played junior hockey in the East, and my parents didn't get to see me play much. Last year, my parents came here a fair amount. It's great that I'm playing in the Big Ten; my mom will be

going to Michigan and Michigan State, and my whole family will be going to Wisconsin. Also, my home is an hour and a half from Notre Dame, and six or seven family members will be going there as well.

Andrew Sturtz (hometown: Buffalo, New York): My parents come to the games here, I have an aunt and uncle who also come to every home game, plus they are going to Notre Dame and Michigan State. I think they eventually want to get to all of the Big Ten arenas.

James Robinson (hometown: Cochrane, Alberta): My first year, they came to Penn State twice, and also went to New York City (vs. Cornell) and Michigan. This year they will be coming to more games.

Dylan Richard (hometown: Sherwood Park, Alberta): Travel from western Canada is difficult, but my parents try to get out here two to four times a season. This year they also will be going to Notre Dame.

Ricky DeRosa (hometown: Aston, Pennsylvania): They come to every home game. They haven't been to any road games yet, but they'll try this year, and it'll really be special if they can make it.

Question: *At what point over the last few years do you think the team became confident that it could compete on a regular basis with the top teams in the country?*

David Goodwin: That's a good question. I think that by my sophomore year (2014-15 season), when I was on a line with Casey Bailey and Taylor Holstrom, I felt the tide was turning. We had some really big wins that year. The whole thing was a process, we improved little by little. Now we feel extremely confident going into each game.

Looking for The Friends of Penn State Men's Hockey on the web?

WEBSITE: <http://fopsmh.org>

FACEBOOK: <https://www.facebook.com/mhbc>

TWITTER: [@mhbctweet](https://twitter.com/mhbctweet)

GOOGLE+: <https://plus.google.com/+FopsmhOrg>

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))) ON THE AIR WITH BRIAN TRIPP (((



What a terrific start to another season of Penn State Hockey! Once again, it's a privilege to supply audio coverage for the team's home and away contests on the Penn State Sports Network and GoPSUsports.com. Tim King and I are both so appreciative of the access granted

by Coach Gadowsky and his staff and for the opportunity to meet an incredible group of student-athletes.

This season, we've joked that it's a good thing the players have names on their sweaters! With 12 new players on the roster, there are so many new names and faces. However, when around these outstanding individuals, it seems as if they've been a part of the program from day one. The coaching staff's commitment to recruit high-character individuals benefits the program both on and off the ice. The culture created by the coaches, staff and players has allowed a near seamless transition to a new class of Nittany

Lions to occur each of the past two seasons.

Fans are incredibly fortunate that between Penn State Athletics, BTN, NBCSN, ASN, and ESPN, there is always a way to follow the Nittany Lions. The television and streaming access to each game provides an incredible benefit to both the team's supporters and the program.

With so much video content available, I'm occasionally asked about the relevancy of radio in today's media universe. I know I'm biased, but as a broadcaster there is still no greater thrill than listening to a radio broadcast of my favorite team. In radio, the broadcaster is responsible for depicting the sights, sounds and emotions of an event. The challenge to utilize that creative freedom and accurately portray an event to the audience is unmatched. As a listener, I enjoy using my imagination to picture the event unfolding according to the broadcaster's words.

That's not a plea for you to listen to our radio coverage. I just hope you enjoy the season, whether it be watching in person or on TV or listening to our audio coverage. We Are!

THE VOICE OF PEGULA

Editor's note: You may not recognize Rodney Martin's name, but you know the sound --- can you say LUUUUKE JUUUUU-HA? He is truly the "Voice of Pegula." What you may not know is that Rodney has a Penn State electrical engineering degree and is now a full-time programmer at PSU's Applied Research Lab. His wife Julie is also a PSU grad, and daughter Madison a 3rd grader in Ferguson Township. We're delighted Rodney will be contributing to FULL STRENGTH regularly.

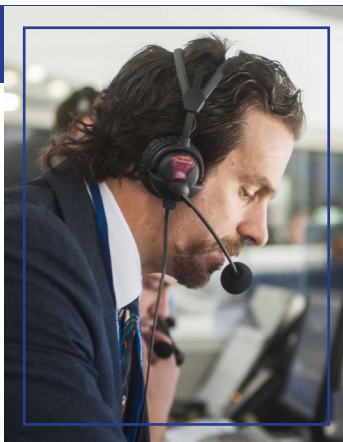
Let me start off by saying how appreciative I am of the work that the Friends of Penn State Men's Hockey is doing. I have been involved in Penn State Hockey for two decades now and I know that the support of the fans, particularly the Ic-ers' Booster Club in the old days and now the Friends group, has a tremendous impact on the success of the program.

For those who may not know me, I have the privilege of serving as the public address announcer at the Pegula Ice Arena for men's (and sometimes women's) hockey. I have been involved with the Ic-ers/Nittany Lions since I was a freshman in January of 1996. During that time, I have worn many hats: usher, statistician, DJ, website designer, Executive Director of the Hockey Management Associa-

tion (HMA), and now PA announcer. While I still like to help out with the music selection from time to time, I am happy now to concentrate on just announcing, which leaves a lot of time for something I couldn't do before -- being a fan.

As fun and exciting as games are for you, we in the control booth have just as much fun. Despite the confined quarters, if you look up in-game you will usually find me standing and yelling (off mic, or course) for the team or at the officials. And, on occasion, there may be dancing as well, but let's not go there -- it's not a pretty sight. Joe Battista always said you should have a "vocation and an avocation." Announcing is certainly an exciting and rewarding avocation for me.

In upcoming issues of *FULL STRENGTH*, I hope to share some of my experiences with you, and give you a feel for what goes into our production. Until then, I look forward to hearing you at Pegula. We Are...



BEHIND THE SCENES: PEGULA RINK MANAGER CHRIS WHITEMORE



Editor's note: Chris Whittemore is rink manager of the Pegula Ice Arena, and previously of the Greenberg Ice Pavilion. He has been at Penn State since 2000, and is a "Certified Rink Manager." FULL STRENGTH interviewed Chris last winter. The first part of that interview appeared in our Spring 2016 edition; this is the second part of that interview.

Question: *What are the normal, day-to-day mechanical actions that must be performed to keep the Pegula Ice Arena functioning?*

CW: In non-technical terms, we are trying keep a piece of winter inside a building year round, while at the same time keeping the building comfortable for humans. To accomplish this, we create and maintain the ice surface, and we control the atmosphere for participants and spectators inside.

Question: *What's involved in making ice?*

CW: Here's an over-simplified explanation. We have 10 miles of piping in the floor. To get the floor temperature down to the desired level, we run glycol through the piping so that heat from the floor is transferred into the glycol, which then goes into the ice plant. At the ice plant, ammonia then takes the heat out of the glycol in a heat exchanger. The heated ammonia then goes outside to an air evaporator/condenser that releases the heat in the ammonia.

Inside, when the desired floor temperature is reached, we make a thin layer of ice, paint it (an all-day job, which we do once a year for the main ice sheet and every 2-3 years for the Community Rink), and then make 1 ½ inches of ice on top.

Water quality is important, so we get impurities out – we have a reverse-osmosis system to accomplish this. We also try to get rid of a lot of oxygen by flooding the floor with 140-160° water. At that time, the air temperature is in the 60-65° range, and we have dehumidifiers that work to achieve a level of about 55-60% relative humidity and a dew point of 35° inside the building.

Question: *Why is ice quality so important?*

CW: First let me say that the ice quality is the MOST important thing for games, and we have to be proactive to achieve the best results. The ice is frozen when the players hit the ice, but it breaks down quickly over the course of a period with such hard use. The puck starts to bounce, the players lose their edges. You don't want the ice to affect the outcome of a game, and you especially do not want to subject players to dangerous conditions. On the other hand, when ice is TOO cold, it becomes brittle and players can blow out big chunks of it.

With all of this in mind, we have to tailor our standards and resultant operations to the uniqueness of the building and the particular conditions on any given day. This is an ongoing process. We use two Zambonis and employ Zamboni operators who are not merely drivers, but skilled operators who know what they are doing. We constantly check ice thickness, and we make sure the ice corners and ends are not thicker than the middle.

Question: *What about the building environment for a game?*

CW: Yes, that's a big part of the operation. We have to account for heat generated by 6,000 + people, lights, machinery, high-tech stuff like the ice plant, and so forth. Much of the building design takes care of a lot of this. For example, we have a low-emissivity roof which deflects sunlight away from the building.

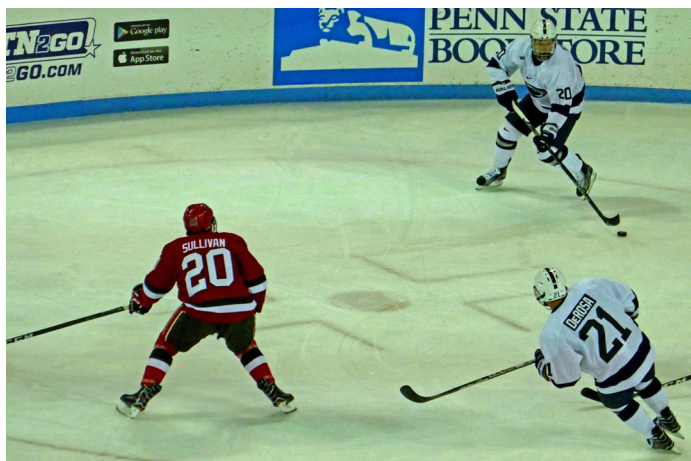
On game days, we precondition the building to prepare for the heat load that will come in. We try to bring down the ice temperature to about 17-18°, and the building temperature down to 56-58°. That's why it feels cold when people first enter the building. Then, as more and more people enter, their body heat will bring the temperature up to about 60°, but it will feel warmer to attendees because they are so close to other people.

Question: *How many people does it take to do all of this?*

CW: We have an experienced full-time tech guy (Chuck Van Dyke), and are looking for another one. We also have several paid students, and of course my staff and I are available whenever we are needed. Plus we have staff from the Office of Physical Plant and refrigeration and water quality specialists maintaining the mechanical units.

GAME ACTION

photos by Stephanie Corcino



Erik Autio (20) spots Assistant Captain Ricky DeRosa breaking for the St. Lawrence goal.



Alec Marsh battles in the corner as Assistant Captain James Robinson awaits the result.



Andrew Sturtz creates his usual mayhem in front of the St. Lawrence net.



The Lions' "D" protects freshman goalie Peyton Jones in the season opener.



Freshman Nate Sucece looks for an opening against the Saints.



Freshman Denis Smirnov has the undivided attention of a St. Lawrence defender.

GAME ACTION

Continued from Page 6



Andrew Sturtz drives for the puck vs. Canisius.



David Goodwin defends against the Golden Griffins.



Nikita Pavlychev (13) and Alec Marsh (28) bombard Griffins' goalie Daniel Urbani.



Dylan Richard battles Canisius' Nick Hutchison on the face-off.



Nikita Pavlychev is a daunting presence for any goalie.



Chase Berger bursts through the Canisius defense.



Editor's note: We've published several pictures of the Roar Zone in action in previous editions of FULL STRENGTH. It's about time we learned more about the antics and activities of these students who make games at Pegula so special, unique, and enjoyable (unless you are an opposing player).

Hello, my name is Anna Whitaker and I am a junior geobiology major at Penn State. I joined the Friends of Penn State Men's Hockey last year, and this year I am excited to serve on the Board of Directors. I am also a member of the Roar Zone, which is the student section at men's hockey games.

The Roar Zone is in its third year as an official Penn State student club, and we wanted to jump headfirst into the 2016-17 hockey season with the NHL preseason game between the Buffalo Sabres and Minnesota Wild. According to Roar Zone President Chris Godissart, "the NHL game was an awesome event to bring to Hockey Valley. It was great to see two NHL teams play at the Pegula Ice Arena and to put our world class facilities in the national spotlight." The Roar Zone thanked Terry and Kim Pegula, and

supported the Sabres (who, not coincidentally, are owned by Terry Pegula) by directing its usual welcoming chants at Minnesota.

Kicking off the Penn State hockey season, the Roar Zone welcomed new players to Hockey Valley with a large banner and personalized signs. The design and preparation of these signs that you see along the glass in front of the Roar Zone is a process that really brings the students together, and also tests the limits of our rhyming and pun-writing abilities.

As I write this article, we are in the middle of a ten game home stand. Chris noted that "the team has gotten off to an incredible start, and the Roar Zone is excited to keep supporting the players not only at home, but also on the road a few times. We look forward to keeping up our existing traditions and rolling out some new surprises as we cheer on our Nittany Lions." We can't wait for everyone to hear us in Pegula!

Stephanie Corcino



Coach Guy Gadowski and his coaches deliver free pizzas to the Roar Zone before the season opener against St. Lawrence.



Stephanie Corcino

The Roar Zone comforts Canisius' goalie after a Nittany Lion goal.

FUN FACT

Penn State Captain David Goodwin played junior hockey in the United States Hockey League (USHL). He participated in 179 regular season USHL games for three teams – the Cedar Rapids RoughRiders, Sioux City Musketeers, and Green Bay Gamblers.