



Reaching the top

Hanover Park's Angelo, Delbarton's Tavoso earn crowns in A.C. Sports

Daily Record

Lacrosse: Delbarton alumni brothers launch business venture. **In Sports**

KING TO TELL LAND'S TALE



Lhagyari Trichen Namgyal Wangchuk, king of Tibet, stands in front of Pennsylvania Hall on the campus of Gettysburg College in Pennsylvania, where he is a student.

Tibet's ceremonial ruler coming to Randolph

LORRAINE ASH @LORRAINEVASH

RANDOLPH — The 22-year-old king of Tibet will share his short film, "My Country Is Tibet," and answer questions from the public at County College of Morris on Tuesday.

Lhagyari Trichen Namgyal Wangchuk — the first two names are ancestral — is descended from Songtsän Gampo, a seventh-century king revered for helping his country prepare to receive Buddhist teachings from India.

"I tell everyone to please not call me a king," Lhagyari said. "His Holiness the 14th Dalai Lama is the king for the Tibetan people for those who live outside and inside Tibet. I call myself a Tibetan man who is descended from the kings of Tibet."

His presentation is part of The Legacy Project at the college — an initiative started in 2013 to highlight, outside a classroom setting, social movements, time periods and people of influence.

The 27-minute documentary, though made by Lhagyari, was produced by BYkids, a nonprofit group that pairs experienced filmmakers with children who have globally relevant stories to tell.

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The king of Tibet, Lhagyari Trichen Namgyal Wangchuk, at his coronation a decade ago with the Dalai Lama, his personal mentor.

WHAT'S AHEAD THIS WEEK

STAFF REPORT

Women's fitness, nutrition program offered Monday

WASHINGTON TWP. — The Washington Township Public Library will host "Be Healthy, Be Strong, Be You: Fitness and Nutrition for Women" at 11 a.m. and 7 p.m. today at the library, located at 37 E. Springtown Road in Long Valley.

The one-hour class will be offered by Kim Rainforth, a fitness instructor, and Kiera Mitchell, a nutritional coach. The program will discuss ways to fit in time for fitness and nutrition planning, fitness and nutrition strategies for effective weight loss, basics of nutrition, best forms of exercise to accomplish your goals, and a question-and-answer session.

For more information, call 908-876-3596 or visit the library's website, www.wtpl.org.



The Washington Township Public Library will host "Be Healthy, Be Strong, Be You: Fitness and Nutrition for Women" today.

Children's archery program starts Monday in Montville

MONTVILLE — The township Recreation Department is sponsoring an archery program for boys and girls in

grades 4-8 on Mondays starting today at Camp Dawson Barn, located at 80 Jacksonville Road in the Towaco section.

Students will learn the basics of archery including the parts of the bow, the mechanics of archery, types of bows and equipment and inside target shooting.

Safety is always stressed. Equipment will be provided.

The cost is \$50 for the four-week program.

For more information, call the Recreation Department at 973-331-3305 or visit www.montvillenj.org.

Rabbi at library to discuss parenting of adult children

MORRISTOWN — The Morristown & Morris Township Library will host

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Is free speech too free online?

Why threatening tweets, posts are rarely prosecuted

STEPH SOLIS @STEPHSOLIS

When anonymous Twitter posters stated they wanted to sexually attack the teenage daughter of former Phillies pitcher Curt Schilling, Schilling fought back by naming the authors, one of whom was suspended from Monmouth County's Brookdale Community College.

But outside of shaming writers and threatening suit, legal experts say, the Web gives such wide latitude to those who post that even direct threats of violence seldom leads to criminal charges.

"What we worry about is when people's First Amendment rights are impacted in the sense that they are going to be clearly charged or sued for defamation," said Hanni Fakhoury, senior staff attorney for the Electronic Frontier Foundation, a digital rights organization. "The First Amendment protects certain knuckle-headed speech."

Schilling used social media to lash out at the authors, stating on his blog, "There are repercussions to your ac-

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UNITED STATES FISTBALL ASSOCIATION
U.S. Fistball Association President Robert Feid with his wife, Nicole.

Morris man aims to give fistball game a hand up

MICHAEL IZZO @MIZZODR

The U.S. faction of a popular European sport has named Florham Park's Bob Feid the new president of the U.S. Fistball Association.

Feid, 49, has been a fan of the game since his parents joined the Swim and Sport Club in Flanders when he was 5.

"And I've been playing ever since," said Feid, who is also now fistball director for the club. "It's a very dynamic sport. More running and diving than volleyball. It's more athletic."

Fistball is closest in similarity to volleyball but is played with five players per team on a large grass field, and the ball is typically hit with a closed fist. The ball can also hit the ground once be-

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