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HACKENSACK, Jan. 26—Harry De La Roche Jr. was found guilty today of first-degree murder for fatally shooting his parents and two younger brothers in their home in Montvale 14 months ago and was sentenced to life in prison.

Judge James F. Madden of Superior Court imposed concurrent life terms for each of the four counts of murder, the mandatory sentence for first-degree murder convictions in New Jersey. Mr. De La Roche would be eligible for parole after serving 14 years 8 months. His lawyer, James R. Taylor, said he would appeal the verdict.

Mr. De La Roche, a pale, thin 19-year-old former cadet at the Citadel in Charleston, S.C., showed no emotion as the verdict was announced by the jury foreman, Mrs. Marise Althouse.

Offers No Statement

As he had for much of the trial that opened three weeks ago, Mr. De La Roche sat slightly hunched and stared straight ahead, his chin resting in his right hand. He maintained the same posture and demeanor while the seven men and five women on the panel were polled individually on each of the murder charges.

Then, on instruction, he rose for sentencing and stood erectly between his attorney, Mr. Taylor, and the Rev. Charles Innendorf, the family's pastor.

Judge Madden asked the defendant if he wanted to speak.

"No, sir," Mr. De La Roche replied softly.

After the sentencing, Mr. De La Roche spoke animatedly for about 20 seconds to Mr. Taylor before being handcuffed by sheriff's deputies and led out of the courtroom.

The verdict, reached after six and a half hours of deliberation over two days, was the most severe that could have been returned against Mr. De La Roche. The jurors turned aside two other possible findings Judge Madden had left open to them: second-degree murder and acquittal by reason of legal insanity.

The insanity defense to all four murders was first raised by Mr. Taylor on the eve of deliberations on Tuesday when he abandoned an earlier defense that Mr. De La Roche killed only his 15-year-old brother Ronald after Ronald had killed his parents, Harry Sr., 44, Mary Jane, 50, and his other brother, Eric, 12, on Nov. 28, 1976.

In that new defense, Mr. Taylor contended that Harry's anxieties over returning to what he termed the "private hell" at the Citadel led to an overwhelming psychosis that resulted in all four shootings.

The jurors were chosen in Camden County so they would not be subject to pretrial publicity and were sequestered

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