



“What do you do with your free time?”

Troy, 46 years old, 26 years on death row in Florida

You asked what I do with my free time. Which I thought was funny since I’m locked up, so therefore never have “free” time. ☺

The thing is as a death row prisoner I’m locked in a cell pretty much all the time. We get to take a shower three times a week for about 10-15 minutes. And go to the recreation yard twice a week for 2,5 to 3 hours each time. If we have a “call-out” or get a visit we come out for that too but if not we stay in our single person cages. So in theory we have a lot of free time but it never seems that way. At the end of the day there’s always stuff that didn’t get done.

I read some every day, watch some TV, clean my cell, do laundry, exercise and write people. In general that’s how the days are spent. Every day is a little different as to the exact details but that’s the basic outline of them.

When I first got here I could barely read and write a comprehensible letter. It was through writing to pen pals that I first started improving. Then as I corresponded to more people who were much better educated than I am I was inspired to learn as much as I can about as many things as I can. I’m still learning. I’ve become a completely different person because of the people I’ve been blessed to have corresponded with. They’ve reconnected me with my soul and conscience. So, for me, having pen pals has helped me in more ways and to depths that I could never put into words.

Troy can be contacted through [connectdeathrow](http://connectdeathrow.org)

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