

NEWS RELEASE



FOR IMMEDIATE RELEASE

Contact: Tasreen Khamisa: tasreen@tkf.org 619-841-1734

Julia Allen: julia@tkf.org 619-841-1736

TKF BOARD MEMBER TONY HICKS MARKS FIVE YEARS OF FREEDOM

AFTER SPENDING MOST OF HIS LIFE IN PRISON,
HICKS IS NOW HELPING TKF CREATE SAFER SCHOOLS

SAN DIEGO – April 2024 marks five years since TKF Board Member Tony Hicks was released from prison. At age 14, Hicks shot and killed 20-year-old Tariq Khamisa. After realizing there were ‘victims on both sides of the gun,’ and in the ultimate act of forgiveness, members of the Khamisa family helped secure Hick’s freedom. Together they are currently working to save the lives of vulnerable youth.

Hick’s work with TKF and his effort to rebuild his life, was recently featured in the [Washington Post](#) and [People Magazine](#).

Hicks now works as a plumber, and spends time working with the [Tariq Khamisa Foundation](#) as a speaker at school events and conferences, and as a Board Member. Recently, Hicks reflected on his freedom from incarceration and his forgiveness journey:

“My process of self-forgiveness began with Azim Khamisa forgiving me for murdering his son. It gave me space to begin to examine my life and how I thought it directly connected to my life experiences up to that point,” said Hicks.

"I worked backwards. First working to find forgiveness for those that I felt had harmed me, then examining my own actions against others one by one. Diving deep into individual actions, I peeled back the layers of my emotional state during these moments, along with the trauma connected to them. Unpacking whatever pride, entitlement, anger, resentment or jealousy that had left my young ego bruised and ready to lash out. Exposing those layers was a long and difficult journey that was needed for my continued growth and healing."

If you have any questions or would like to schedule an interview, please contact TKF Executive Director, Tasreen Khamisa: tasreen@tkf.org 619-841-1734 or Julia Allen: julia@tkf.org 619-841-1736.