

### **Accomplishments/ Biography of V. Ahda Sands**

V. Ahda Sands, Esq., has received numerous legal and civic awards. Her most recent award was the Metropolitan News-Enterprise Person of the Year Award, presented on January 26, 2024.

Her professional career started as a Certified Public Accountant (CPA).

During her accounting career, she worked full time during the day and graduated from Southwestern Law School's evening program.

As for her legal career, Ahda was a solo practitioner and then worked as an attorney for the State of California. Since 2004, she has worked for California's State Compensation Insurance Fund in the area of workers' compensation.

Ahda has been a John M. Langston Bar Association board member since 1994. She is a Langston Scholarship recipient and life member. Her mentor was Langston Past President, Karen Nobumoto. She published several Langston directories and newsletters and served on numerous committees. She consistently helped spearhead the Langston picnic team for more than 20 years and served as the president of Langston in 2000. During her administration, the Corporate Firm Network (CFN) became a part of Langston. At that time, CFN was known as the African American Association of Downtown Firms (AAADF). In addition, her administration continued co-sponsoring with Black Women Lawyers (BWL) for the bar exam workshops and the Christmas party. She caused Langston to expand its influence throughout the legal community by co-sponsorships with the Los Angeles County Bar Association, Mexican American Bar Association, Beverly Hills Bar Association, and Women Lawyers Association of Los Angeles. After her presidency, she remained active on the board, often chairing or co-chairing the Hall of Fame committee or serving on that committee. She currently serves on the board of directors as its historian.

Ahda is also a scholarship recipient, member, and former board member of Black Women Lawyers. In addition, she is a life member and board member of the Italian American Lawyers Association and a life member of the Southern California Chinese Lawyers Association. She is an officer of the Los Angeles County Bar Association, Senior Lawyers Section. She is a former co-chair of the Multicultural Bar Alliance, comprising more than 20 member organizations.

While practicing law, she maintains a team of real estate professionals who assist people in buying and selling their homes.

She has participated in numerous community activities and was included in 29 Who's Who publications

She has been an attorney for 35 years.

She was married to Henry Sands. The long marriage did not last, and Henry passed away.

She is a proud mother and grandmother who spends as much time as possible with her children, grandchildren, and friends.