

# ~~Confessions~~

## Alex Rowe Jr.

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### EDUCATION

**Southern New Hampshire University**  
Candidate for Bachelors Degree in English

(online student)

### EXPERIENCE

2016 -	<b>AAA</b> Automobile Towing Industry <b>Battery Light Technician</b>	Oakland, CA
2016	<b>PIZZA HUT</b> <i>Food Industry</i> <b>Driver</b>	Oakland, CA
2015	<b>STARBUCKS</b> <i>Beverage Industry</i> <b>Barista</b> Offer great customer service Maintain a clean working environment Make quality beverages Leading and modeling Starbuck's guidelines Communicate information to the manager Maintain consistent punctuality Calm demeanor always Follow Starbuck's operational procedures such as cash handling	
2013	<b>ALEXANDER SILK SCREEN</b> <i>Fashion Industry</i> <b>Silk Screen Designer and Consultant</b> Produces silk screened shirts to companies, schools, and artists	W. Hollywood, CA
2012 - 2013	<b>WORLD WAY WEST GRILL</b> <i>Food Industry</i> <b>Line Cook</b> Prepared foods Provided phone coverage for management Assisted the executive chef	Los Angeles, CA
2002 - 2007	<b>CHRYSALIS MUSIC GROUP PUBLISHING</b> <i>Entertainment Industry</i> <b>Senior Songwriter</b> Produced written songs for the company roster Wrote lyrics and music Created instrumental portions of the songs Helped to develop music artists' vocals	Beverly Hills, CA
1998 - 2002	<b>YAB YUM MUSIC</b> <i>Entertainment Industry</i> <b>Singer Songwriter</b>	Los Angeles, CA

	<ul style="list-style-type: none"> <li>Completed songs for the company roster</li> <li>Practiced for upcoming studio sessions</li> <li>Reviewed vocal arrangements with publishers and management</li> </ul>	
1994 - 1998	<b>PARAGON MUSIC GROUP</b> <i>Entertainment Industry</i> <b>Singer Songwriter</b>	Los Angeles, CA
	<ul style="list-style-type: none"> <li>Produced written songs for the company roster</li> </ul>	
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1996 - 1998	<b>SUBWAY SANDWICHES</b> <i>Food Industry</i> <b>Sandwich Maker</b>	Oakland, CA
	<ul style="list-style-type: none"> <li>Combined daily dishes for dishwashing</li> <li>Assisted with inventory</li> <li>Served customers</li> <li>Worked as a custodian</li> <li>Assembled sandwiches</li> </ul>	
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<b>CERTIFICATION</b>		
2012	<b>ROYAL SECURITY TRAINING ACADEMY</b> <b>Security Guard Card</b>	Los Angeles, CA

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## SKILLS

- Held twenty plus years of experience in an executive support related field including music, teaching, and custodian.
- Projects leadership and strong ambition
- Identifies as an avid reader
- Multi tasked and can work in a fast paced environment with deadline driven.
- Strong written and speaking communications
- Manages time efficiently.
- Maintains a calm demeanor and remains focused under pressure.
- Solves problems

## Dishwasher Test

Score / 10

C 1) After washing your hands, which item should be used to dry them?

- a) Clean apron
- b) Sanitized wiping cloth
- c) Single use paper towel
- d) Common used cloth

C 2) While washing dishes by hand, which item should you wear?

- a) Cutting glove
- b) Oven Mitt
- c) Rubber glove
- d) Nothing

D 3) When should you wash your hands?

- a) Before you start work
- b) After handling non-food items (garbage, money, cleaning chemicals)
- c) After using the restroom
- d) All of the above

A 4) If you need to move a heavy load, you should PULL and not PUSH the object.

- a) True
- b) False

E 5) Which of the following could you be at risk for getting burned from?

- a) Steam from boiling pots
- b) Hot liquids (coffee, soup, tea)
- c) Hot equipment (ovens, pots, chaffing dishes)
- d) Harsh chemicals
- e) All of the above

A 6) All work-related injuries, accidents or illnesses should be reported immediately to the supervisor on duty.

- a) True
- b) False

C 7) What should you do if you spill liquids or see a liquid spill?

- a) Leave it for someone else to clean-up
- b) Wait until the end of your shift to clean it
- c) Flag the spill and clean it immediately
- d) Not sure

C 8) When handling hot items you should?

- a) Wear rubber gloves
- b) No need to wear anything
- c) Use an oven mitt or dry cloth towel
- d) Nothing

A 9) If you are using a three-compartment sink for cleaning and sanitizing, the second sink is used for?

- a) Rinsing
- b) Scraping
- c) Washing
- d) Sanitizing

A 10) What is the proper method for cleaning and sanitizing stationary equipment?

- a) Spray with a strong cleaning solution and wipe with a sanitized cloth
- b) Spray with a sanitizing solution, then rinse with clean water and dry
- c) Wash and rinse, then wipe or spray with a chemical-sanitizing solution
- d) Brush off loose soil with a clean cloth, then wipe with a sanitizing solution