

coax
confessions

Alex Rowe Jr.

- 2946 S. Hobart Blvd* Los Angeles, CA 90018 *(323)641-1230
Rowejralex@gmail.com

EDUCATION

Southern New Hampshire University
Candidate for Bachelors Degree in English

(online student)

EXPERIENCE

- 2016 - AAA** **Oakland, CA**
Automobile Towing Industry
Battery Light Technician
- 2016 PIZZA HUT** **Oakland, CA**
Food Industry
Driver
- 2015 STARBUCKS**
Beverage Industry
Barista
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 ALEXANDER SILK SCREEN** **W. Hollywood, CA**
Fashion Industry
Silk Screen Designer and Consultant
Produces silk screened shirts to companies, schools, and artists
- 2012 - 2013 WORLD WAY WEST GRILL** **Los Angeles, CA**
Food Industry
Line Cook
• Prepared foods
• Provided phone coverage for management
• Assisted the executive chef
- 2002 - 2007 CHRYSALIS MUSIC GROUP PUBLISHING** **Beverly Hills, CA**
Entertainment Industry
Senior Songwriter
• Produced written songs for the company roster
• Wrote lyrics and music
• Created instrumental portions of the songs
• Helped to develop music artists' vocals
- 1998 - 2002 YAB YUM MUSIC** **Los Angeles, CA**
Entertainment Industry
Singer Songwriter

- Completed songs for the company roster
- Practiced for upcoming studio sessions
- Reviewed vocal arrangements with publishers and management

1994 - 1998 **PARAGON MUSIC GROUP** Los Angeles, CA

Entertainment Industry

Singer Songwriter

- Produced written songs for the company roster

1996 - 1998 **SUBWAY SANDWICHES** Oakland, CA

Food Industry

Sandwich Maker

- Combined daily dishes for dishwashing
- Assisted with inventory
- Served customers
- Worked as a custodian
- Assembled sandwiches

CERTIFICATION

2012 **ROYAL SECURITY TRAINING ACADEMY**
Security Guard Card

Los Angeles, CA

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