

# Damontae Amari Hill

2750 Wheatstone Street, San Diego, Ca. 92111

(619) 502-1752 (cell)

damontachill@gmail.com

**Objective:** To obtain a position in your company; where I can utilize my leadership skills and customer service experience; while continuing my education and professional development.

## Summary of Skills

### Public Relations

- Building Trades
- Construction
- Business
- Excellent Customer Service

- Microsoft Office Suite
- Retail Food Operations
- Advanced Community Leadership
- Research & Social Media

## Employment History:

### *El Antojo*

2019

- Kitchen Chef. Kitchen and meal prep.

### *Ketch Grill & Tap*

2018

- Kitchen Chef. Kitchen and meal prep.

### *UPS*

2018-2019

- Driver helper
- Warehouse

### *Go Staff*

2017-2018

- Construction, Building trades, general labor, industrial & housekeeping.
- Construction Management

### *Customer Service and Furniture Mover, Vintage HomeGoods*

2017-2018

- Provide customer service and furniture moving for a small family owned business.

- Sales
- Event Staff

### *Customer Service Representative, King's Daughters Inn Boutique Hotel*

2016-2017

- Maintained and organized stock and provided general hotel maintenance as needed.
- Provided customer service to all guests.
- Kitchen cook and prep.
- Professional busser and food runner.
- Event staff, special events, including guest relations.
- Staffing

### *Jimmy John's*

2017

- Cashier
- Lead sandwich maker

#### ***Lead Intern- Blue Heart Foundation***

2014-2016

- Guess services for music and outing events.
- Provide mentorship to younger Blue Heart Mentees.
- Attend community service events on behalf of the organization and set up ad break down events.
- Oversee junior mentees to provide them with guidance on educational and life skills.
- Clerical staffing
- Volunteer
- Provided over 125 hours of community service for multiple agencies representing dozens of social service objectives for initiatives such as helping the homeless, foster care youth and medically fragile babies.

#### ***Office Assistant- Golden, Hill & Associates***

2013-2015

- Oversaw general office assistance, such as filing documents, faxing, emailing & answering phones.
- Responsible for excellent customer service and care for all potential and current clients.
- Manage company contacts and database for constant contact.
- Provide research on behalf company and review current social media.
- Act as the public relations representative at community events.

#### **Education:**

##### ***2018 Grossmont Community College***

San Diego, California

- Currently attending, expected completion with Associates Degree, June of 2019

##### ***2016-17 North Carolina Central University***

Durham, North Carolina

- Attended to obtain educational credits toward a bachelor degree
- Former D1 AA Football Player

#### **Education (Continued):**

##### ***2016 Graduated, School of Science & Technology, Kearny High School***

San Diego, California

- Graduated with High School Diploma 6 months early
- Varsity Football Team Captain & Junior Football Team Captain
- Most Valuable Player Award (Football) & All City League Football Champions (2015-16)
- Track & Field CIF Attendee
- Upward Bound Participant, University of San Diego Partnership
- Young Life Program, Volunteer and Participant
- Associated Student Body, Athletic Director

#### **Awards & Affiliations:**

##### ***2015-2016***

- *Outstanding Student Award*, California Legislature
- *United States President's Volunteer Service Award*, The United States White House
- *Intern, Mentor and Mentee*, Blue Heart Foundation
- *2nd Central All-league Champions*, Kearny High School, San Diego County, CA
- *Football Team Captain*, Kearny High School
- *2nd Place 4x4 relay and 800, California Interscholastic Finals*
- *Guest Speaker*, KBLK Radio
- *Volunteer & Participant*, Martin Luther King Parade

Volunteer Cle  
Food Bank Vol  
Member, Event  
Athletic Director  
2012-2014

*Volunteer Clean-Up, Famosa Sloth*

- *Food Bank Volunteer, Blue Heart Foundation*
- *Member, Event Volunteer and Student Leader, Young Life Program*
- *Athletic Director, Associated Student Body (ASB)*

#### 2012-2014

- *Team Captain, Kearny High School Football Team*
- *Most Valuable Player (MVP), Kearny High School Football Team*
- *Defender, Forward, Kearny High Football Team*
- *Certificate of Leadership, Senior Seminar Program, University of San Diego*
- *Global Leadership Connection (GLC), University of San Diego*
- *Most Athletic, Upward Bound*
- *Participant, Upward Bound*
- *Certificate of Completion, AVID*
- *Member, Young Life Program*
- *Event Volunteer, Home Builders Institute, Department of Justice Grant*
- *Science Technology Engineering Math (STEM) Certificate, University of San Diego*
- *Forrest Gump Award Certificate, University of San Diego*
- *Academic Honor Roll, Kearny High School*
- *AVID, Kearny High School*

#### 2009-2011

- *Academic Honor Roll, Rancho Viejo Middle School*
- *Participant, Track and Field*
- *District "H" Award, Outstanding Athletic Achievement, Hemet School District*
- *Certificate of Excellence, NFL Pepsi Punt, Pass, and Kick Competition*
- *Recognition of Fulfillment of Constitutional Law, Rancho Vieja Middle School*
- *Member, Track & Field, Rancho Vieja Middle School*
- *Principal's Award, Fruitvale Elementary*

## Prep Cooks Test

68

### Multiple Choice (1 point each)

C

1) A gallon is equal to \_\_\_\_ ounces

- a. 56
- b. 145
- c. 32
- d. 128**

C

2) Mesclun are what type of vegetable?

- a. Roots
- b. Beans
- c. Salad Greens
- d. Spices

B

3) What does the term braise mean?

- a. Sear quickly on both sides
- b. Slowly cook in covered pan with little liquid
- c. Cook on high heat and quickly
- d. Slowly cook in simmering water

B

4) At what internal temperature must chicken be cooked so that it is safe to eat?

- a. 155 degrees F
- b. 165 degrees F
- c. 175 degrees F
- d. 185 degrees F

A

5) How do you blanche vegetables?

- a. Immerse for a short time in boiling water
- b. Cook lightly in butter over med heat
- c. Soak in cold water overnight
- d. Rub with salt before cooking

C

6) Which of the following ingredients would you pack before measuring?

- a. Olive Oil
- b. Salt
- c. Brown Sugar
- d. White Sugar

B

7) What is Al Dente?

- a. Firm but not hard**
- b. Soft to the touch
- c. Very hard
- d. Very soft

C

8) Food should be left out no more than

- a. 2 hours
- b. 3 hours
- c. 4 hours
- d. 5 hours

B

9) Which is the improper way to thaw frozen food?

- a. In the fridge
- b. In a sink with cold water
- c. On the counter**
- d. In the microwave

## Prep Cooks Test

19)

20)

C 10) Which of the following can you use to put out a grease fire?

- a. Baking Soda
- b. Baking Powder
- c. Flour
- d. Water

B 11) What is the temperature range of the danger zone?

- a. 25-135
- b. 40-140
- c. 50-160
- d. 30-130

D 12) Which of the following is listed from smallest to largest?

- a. Dice, chop, mince
- b. Mince, chop, dice
- c. Chop, dice. Mince
- d. Mince, dice, chop

D 13) Which direction should pan handles be turned while cooking on the stove?

- a. Over the fire at all times
- b. Turned towards you for better control
- c. Turned towards the right or left at all times
- d. Over the countertop at all times

C 14) When you poach something, you cook it with what?

- a. Noodles
- b. Vegetables
- c. Liquid
- d. Oil

C 15) Which spoon is used to remove fat from soups and stews

- a. Basting Spoon
- b. Ladle
- c. Slotted Spoon
- d. Portion Spoon

B 16) Which of the following means to cook in a small amount of fat?

- a. Season
- b. Sauté
- c. Broil
- d. Boil
- e. Fry

A 17) What is a Julien cut?

- a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

A 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

11

Multiple Choice

B 1) Food is served on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

A 2) Drinks are served on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

D 3) Food and drinks are removed on what side with what hand?  
 a) On the left side with the left hand  
 b) On the left side with the right hand  
 c) On the right side with the left hand  
 d) On the right side with the right hand

A 4) What part of a glass should you handle at all times?  
 a) The stem  
 b) The widest part of the glass  
 c) The top

D 5) When you are setting a dining room how should you set up your tablecloths?  
 a) Neatly and evenly across the tables  
 b) The creases should all be going in the same directions  
 c) The chairs should be centered and gently touching the table cloth  
 d) All of the above

D 6) If you bring the wrong entrée to a guest what should you do?  
 a) Go back into the kitchen and patiently wait in line behind the rest of the servers until it's your turn  
 b) Inform the guests that you will bring the correct entrée once everyone else in the dinning room is served  
 c) Try to convince the guests to eat what you brought them  
 d) Go back into the kitchen to the front of the line and inform the expeditor that you need a different entrée

Match the Correct Vocabulary

A Scullery

B Queen Mary

C Chaffing Dish

B French Passing

G Russian Service

F Corkscrew

E Tray Jack

A Metal buffet device used to keep food warm by heating it over warmed water

B Style of service where food is prepared or served individually at the dinner table to fit the customer's specific taste (i.e. providing dressing and pepper for salad or handing out bread to each patron)

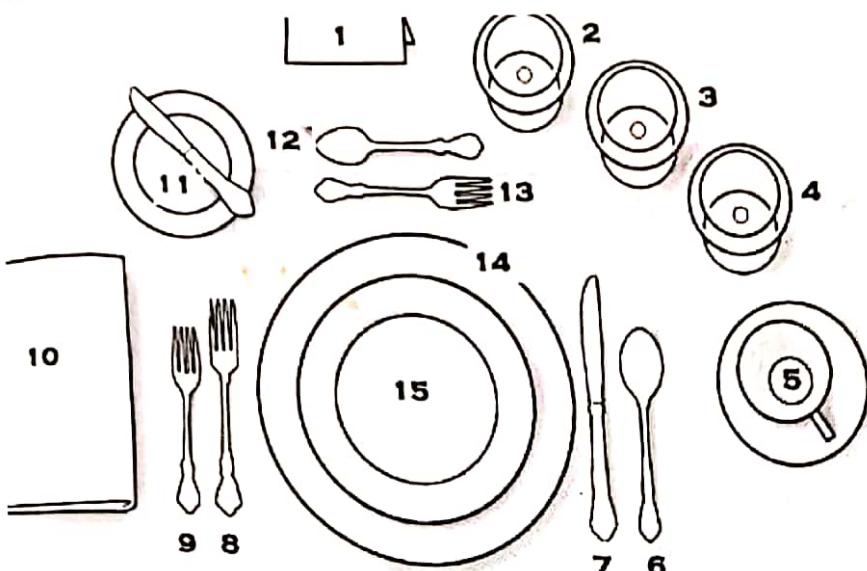
C Used to hold a large tray on the dining floor

D Area for dirty dishware and glasses

E Large metal shelving unit for prepared food to be held or for dirty trays to be stored

F Used to open bottles of wine

G Style of dining in which the courses come out one at a time



Score \_\_\_\_\_

Employee Name: Damont  
Start Date: 1/1/2015

Match the Number to the Correct Vocabulary

<u>8</u>	Dinner Fork
<u>11</u>	Tea or Coffee Cup and Saucer
<u>7</u>	Dinner Knife
<u>2</u>	Wine Glass (Red)
<u>9</u>	Salad Fork
<u>14</u>	Service Plate
<u>6</u>	Wine Glass (White)

<u>10</u>	Napkin
<u>11</u>	Bread Plate and Knife
<u>1</u>	Name Place Card
<u>12</u>	Teaspoon
<u>13</u>	Dessert Fork
<u>6</u>	Soup Spoon
<u>15</u>	Salad Plate
<u>5</u>	Water Glass

Fill in the Blank

1. The utensils are placed 3 inch (es) from the edge of the table.
2. Coffee and Tea service should be accompanied by what extras? napkin
3. Synchronized service is when: All food brought out same time
4. What is generally indicated on the name placard other than the name? profession
5. The Protein on a plate is typically served at what hour on the clock? 1st hour
6. If a guest asks for a specialty dinner (i.e. Gluten-Free or Vegetarian) you should do what immediately? Offer dishes for specialty dinner