

# JAMES BARSTOW

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## OBJECTIVE:

**SERVER:** I love serving, it's been a while, but I enjoy the fast pace, the interaction with the public, and the team work involved in the restaurant business.

## EXPERIENCE

**OCTOBER 2018-PRESENT**

**INDUSTRIAL MECHANIC/ELECTRICIAN, CSP SOLANO**

Completion of preventative maintenance on industrial machinery, compressed air system and water recycling system. Diagnosing, servicing and/or repairing malfunctioning equipment and machinery. Recording preventative maintenance, repairs, labor hours and parts costs. Performing internal audits to ensure compliance with ISO 9001 standard.

**FEBRUARY 2013 – FEBRUARY 2017**

**PRISON INDUSTRY AUTHORITY OPTICAL LAB-OPTICIAN & LAB TECH, CSP SOLANO**

Surface blocking, generating, fining, polishing, coating and spotting. Insertion, tinting, final inspection, trouble shooting and training new employees.

**NOVEMBER 2012-FEBRUARY 2013**

**PIA BOOK BINDERY-BINDERY WORKER, CSP SOLANO**

Heat stamping & printing.

**OCTOBER 2008-SEPTEMBER 2012**

**CDC EDUCATION DEPARTMENT-TEACHERS AIDE, CSP SOLANO**

Tutoring, Spanish translation, data entry, teaching lessons in English and mathematics under direct supervision of Teacher. Assisting with administration of CASAS and TABE testing.

**FEBRUARY 2007-MAY 2007**

**CDC CULINARY-DINING ROOM WORKER, CSP SOLANO**

Scullery operation, dish washing and serving.

**JULY 1999-AUGUST 1999**

**TAVERN AT THE INN-SERVER, YUCCA VALLEY**

Food and Beverage service, hospitality and customer service.

**JANUARY 1998-NOVEMBER 1998**

**MARIE CALLENDAR'S-LEAD SERVER, RANCHO MIRAGE**

Food and beverage service, hospitality, customer service. Lead server duties and training.

## **EDUCATION**

**2017-2018**

**CERTIFICATE, OPTIONS DRUG AND ALCOHOL COUNSELORS SCHOOL, BERKELY, CA.**

Passed National Certified Addiction Counselor Level One Exam-89%

Course work included: Overview of Addiction, Neurobiology and Pharmacology, Individual/Group/Family Counseling, Personal and Professional Development, Case Management as well as Law and Ethics.

**2014-2016**

**AA DEGREE-CONTINUOUS, PALO VERDE COMMUNITY COLLEGE, BLYTHE, CA.**

Coursework included: College Algebra, Reading Composition and Introduction to Computer Technology. Continuous work towards Associates Degree

**2015**

**AA DEGREE-CONTINUOUS, SOLANO COMMUNITY COLLEGE, FAIRFIELD, CA.**

Coursework included: Introduction to business

**2006-2012**

**AA DEGREE-CONTINUOUS, COASTLINE COMMUNITY COLLEGE, FOUNTAIN VALLEY, CA.**

Coursework included: Introduction to Psychology, Introduction to Sociology, Logic and Critical thinking, and Spanish.

## **SKILLS**

- Fluent in Spanish
- Friendly
- Efficient, I like finding the best way to accomplish a task
- Organized, I am neat and orderly
- Energetic
- Cooperative, I am a team player
- Responsible, knowing that many people depend on me, not only customers, but also my colleagues I take my duties seriously

## **ACTIVITIES**

Meditation, Yoga, Mindfulness Practice, Reading and Walking