

# Jeff Long

Thornton, CO 80241

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## Work Experience

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### **Meat Cutter meat rapper**

Costco - Thornton, CO

February 2022 to Present

Cut meat and maintain a clean kitchen

### **Grinding**

Ionex

March 2019 to May 2021

Grind metal

### **Wendy's manager**

Wendy's - Thornton, CO

February 2017 to September 2019

Manage and supervise other employees.

### **Metal Fabricator**

Ionex dynamic metal - Thornton, CO

November 2015 to August 2017

Grind and polish metal.

### **Assistant Manager**

Goodwill Industries - Thornton, CO

January 2012 to June 2015

Manager the store and count money and make sure the store and employees are doing there jobs

### **Dock. RTA**

American Furniture Warehouse - Thornton, CO

June 1999 to November 2000

## Education

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### **High school diploma**

Northglenn High School - Northglenn, CO

August 1995 to May 1999

## Skills

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- Cooking
- Kitchen Experience
- Food Preparation
- Supervising Experience
- Cleaning Experience
- Grinding Metal fabrication
- Grinding
- Microsoft Word
- Leadership