

Anna Marie Long

201 West 10th Street
Apt 315
Charlotte, NC. 28202
704-615-0806
empiricalwealthpub13@gmail.com

Objective:

To be gainfully, employed as inspiring actress in Broadway plays, Arts & Theater and future leading roles. In highway construction industry, with (casting position), with a company that will utilize my skills and abilities acquired through training along with my construction work experience.

Summary skills:

- Taking 4 weeks online courses at New York Film- Academy Acting School
- Caregiver to my aged parent
- Freelance writer & Blogger; essays, pop culture, public speaking, and current worldwide events
- Can operate sit down fork lifts, pallets jacks
- Experience as the following: assistant manager in retail sales, call-center representative, cashier, administrative assistant and switch board operator.
- Leader, dependable, outgoing, skillful, highly motivate and with the ability to work safely around heavy equipment. Team player, independent, multitasks, work well under pressure, organized, and detailed oriented.
- 2 seasons-Performed background dancer for Salt -N- Pepper NYC 1985
- Casting as background walker; director of casting Ilene Stargar; Taxi movie (By Tim Story) 2004

Work History:

Empirical Wealth Publishing Co; Freelance Writer & Blogger

February 2005- Present

- Responsible binding books, typesetting, arrange copy rights for company's books
- Write public speaking, essays, science, pop culture, worldwide events
- Domestic abuse, self and God
- Blogging on numerous topics; love, child trafficking etc.

Mine-In-Home Caregiver aging parent

November 2019- Present

- Responsible and assisting with showers, and assisting dressing clothing
- Preparing breakfast, lunch, snacks and dinner
- Monitor healthy blood pressure reading, and check glucose level
- Administer diabetic medications plans
- We traveled to Anaheim, CA, downtown Disney and Las Vegas, NV
- We walk, play games, sing with laughter and fun.

Amazon Fulfillment Center.

April 2018- October 2018

- Inspected products and received into computer, products coming into the facility.

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- Responsible for unloading truck products. Counted label cartons, place products in appropriate areas of facility, use scanner to move through warehouse icing items From inventory, sort customer orders; lift and transfer items to conveyors
- Used the proper lifting technique, for bins and boxes lifting upwards of 45lbs or more.

Boss Pro Staffing

April 2016-July 2016

Assembler, Scale Operator

- Sorted trays holders of orange and white activators into oval blue shaped covered bullets
- Operated scaled-machine to hold the bullets securely in place, with its grey base
- Bullets are inspected to makes sure that no powder leakage or cracks
- Packed stored into bins, shipped to Military vendors by request.

Stavros Health Care

March 2016- Aug 2016

Part time Health Care Aide

- Responsible for shopping, and preparing food for our clients
- Assisted with cleaning, taking out the trash, wash dishes
- Administer medications to our clients, processed paper work for on duty nurse.

Labor Staffing:

Mar 2015-Mar 2016

Construction Laborer

- Cement and Concrete finisher: smooth and finish surfaces of poured concrete, such as floors, sidewalks, roads, or curbs using a variety of hand and power tools. Align forms for gutters and used saws to cut expansion joints. Clean and prepare construction site by removing debris and possible hazards. Dig trenches, backfill holes and compact earth to prepare for construction.

FedEx-Express Corporation

Nov 2011-Dec 2014

Handler/CSA- East Windsor, Ct –Charlotte, NC

- Unloaded cans/packages delivered by FedEx Express aircrafts, done on allotted time
- Loaded tractor trailers trucks by T-style, scanned all incoming packages, responsible
- For processing packages, pulled customers' orders, processing recycled parcels, put back on conveyor belt.

Volunteer Work History

- Urban Ministry Center- responsible for Laundry room, for the homeless and people in transitions
- Rooms in the Inn- (Assisted our neighbors) homeless on the bus to assigned churches
- Charlotte Rescue Mission- preparing and serving breakfast and lunch for the men by dorms.

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Education:

Business Diploma: High School of Commerce	June 6, 1978
Springfield Technical Community College	January 1979- May 1980
Capital Community College: Customer Service	Certification September 2003
NCDOT Highway Construction trades Academy @Urban League of Central Carolinas	Graduation: May 21, 2019

Certifications Received:

Flagger
TIMS Responder
OSHA 10

References upon Request