



Apply Today!

Morning Prep Cook

Part-time or Full-time
6:00 am until 2:00 pm
Saturdays are required
Starting rate - \$16 per hour
Must be at least 18 years old

Banquet Servers

Flexible schedule
Work as much as you prefer
Occasional evenings and Saturdays
Up to \$25.00 per hour with gratuity and wages
Must be at least 18 years old

Restaurant Servers

Part-time or Full-time
3 to 5 times per week
Saturdays & some evenings required
Earning potential -
\$150 to \$300 per day
Must be at least 18 years old

Restaurant Cleaner

Part-time - 2 or 3 days per week
6:00 am until 10:00 am
Every other Saturday
Starting Rate - \$14.00 per hour
Must be at least 18 years old

We offer a ride to and from work, discounts, and benefits.

Apply on the second floor of the
Blue Gate Restaurant
105 E. Middlebury St.
Shipshewana, IN
Call Marty Gates with
questions. 260.768.4725.



Smart Choices

By Victoria Camiel, pharmacy student at Topeka Pharmacy

Java Jolting Facts: What to Know About Caffeine

Some people believe you cannot have too much of a good thing. Although caffeine use in moderation is generally found to be safe and healthy, even providing some health benefits, too much caffeine can cause harmful effects.

What is caffeine?

Caffeine is known as a stimulating drug, increasing energy when consumed. It works by making your brain more active, making a person feel more awake and focused. Caffeine-containing foods are commonly consumed when a person needs to feel more awake.

What products contain caffeine?

Coffee and black or green tea provide anywhere from 24mg to 100mg of caffeine per 8 ounces. Energy drinks like Celsius, Monster or Prime contain 150-300mg of caffeine per standard 16-ounce can. Cola-type soft drinks, both regular and diet, have 39-63mg of caffeine depending on the size of the drink.

Is caffeine bad for my health?

Good news! Caffeine intake in moderation (<400mg daily) has been found to possibly lower the risk of developing Alzheimer's, Parkinson's, heart failure, stroke, type 2 diabetes and colon cancer. However, people should not consume more than 400mg per day according to the Dietary Guidelines for Americans. For reference, the typical 12-ounce cup of coffee contains about 150mg of caffeine, while a Venti-sized coffee at Starbucks® contains up to 470mg depending on the type of drink ordered!


The amount of caffeine in each product can be found with a simple Google search on the internet or it may be listed on the nutrition label.

What happens if I have too much?

Symptoms of caffeine overdose include irregular heartbeat, uncontrolled muscle shakiness, dizziness, headaches or even seizures. Every year, thousands of teens go to the Emergency Room with concerning symptoms after drinking too many energy drinks, often combined with alcohol. Adults who consume large amounts of caffeine over time may experience long-term effects such as chronic insomnia, anxiety or headaches. It might pay to check out how much caffeine you are consuming!

Fun Facts

"Decaffeinated" coffee may still contain up to 7mg of caffeine per 8 ounces. A&W®, Mug® and Dads® root beer contain no caffeine. 90% of Americans take in caffeine in some form daily. About 30% of all adults and 60% of women find caffeine has a laxative effect. It may take 12 hours to eliminate the effects of caffeine.

Topeka Pharmacy carries over-the-counter caffeinated products to meet your needs. Call us at 260-593-2252 with any questions. We are here to help! 



Sponsored by



260-593-2252 • 101 N Main. St. • Topeka, IN