

APOGEE ([C/N] ages) $y/Z_{\odot} = 3, \eta_{\odot} = 2.4$
 — Median $y/Z_{\odot} = 2, \eta_{\odot} = 1.4$
 ✱ Mode $y/Z_{\odot} = 1, \eta_{\odot} = 0.2$

