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Black bean breakfast bowl packs protein punch

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Wednesday, October 22, 2025

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BUSINESS

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CLAY JACKSON, THE PANTAGRAPH

Assistant manager Jonah Blair prepares a pumpkin spice protein bowl Tuesday, Oct. 21, 2025, at the Nautical Bowls location inside the Four Seasons Health Club, 2401 Airport Road, Bloomington.

Nautical Bowls expands to Four Seasons Health Club

OLIVIA JACOBS

ojacobs@pantagraph.com

BLOOMINGTON – Liz Ritter, owner of Nautical Bowls in uptown Normal, recently opened a second location at the Four Seasons Health Club in Bloomington.

Ritter said the business selling açaí bowls, smoothies and more has continued to grow at 112 E. Beaufort St. since opening in June 2024, and she felt it was time to expand on a different side of town.

The gym at 2401 Airport Road previously had a juice bar called Sunrise Nutrition, and when that space became available, Ritter said she felt it would be a good fit for

Nautical Bowls. The gym wanted to provide members a place to fuel up before or after workouts, but the Nautical Bowls location there is also open to non-members.

"My need was that I wanted to branch out, so it was kind of a no-brainer," Ritter said of the partnership. "Since then, I've realized how awesome the environment is ... everyone is just so kind ... and it's like this really cool community here that I didn't really know."

Similar to how the uptown location has a "Redbird bowl" in honor of nearby Illinois

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■ MORE ONLINE: For video from the new Nautical Bowls location, point your smartphone camera at the QR code, then tap the link. **NEWSVU**

Downs man charged in fatal DUI crash

with two Class

2 felony counts

Police: He veered into oncoming car on U.S. 150

KAITLYN KLEPEC kklepec@pantagraph.com

BLOOMINGTON - An Lawson 18-year-old from Downs has been detained in McLean of leaving the scene of an ac-County after authorities said he was driving under the influence and caused a fatal crash tody Monday before Judge from the scene of a head-on on Saturday.



driving under the influence involving released. death, and one Class 4 felony

cident involving death.

Lawson appeared in cus-Amy McFarland, during which collision.

Caleb J. Law- the judge heard arguments on charges pending trial.

detain him, arguing he poses a Avenue in Downs. risk too high to allow him to be

cause statement and a news release from Illinois State Police, Lawson was taken into ice Fulks of Downs, was procustody Saturday after he ran nounced dead at the scene.

Fitt said Lawson was driving son is charged whether to detain him on these a silver Ford Taurus when he crossed into oncoming traffic Assistant State's Attorney and struck a black Ford Fiesta of aggravated David Fitt filed a petition to on U.S. Route 150, near Cedar

State police responded about 3:23 p.m., and the driver of the According to the probable Ford Fiesta, whom McLean County Coroner Kathy Yoder identified as 71-year-old Al-

Please see CRASH, Page A9

MIDDLE EAST

Vance visit to bolster truce

Talks about ceasefire, shaping postwar Gaza

MELANIE LIDMAN AND SAMY MAGDY Associated Press

TEL AVIV, Israel - U.S. Vice President JD Vance arrived in Israel on Tuesday to shore up the fragile U.S.-brokered ceasefire in Gaza following a burst of deadly violence and questions over the plan for long-term peace.

Vance met with Israeli Prime Minister Benjamin Netanyahu and other officials and is expected to stay in the region until Thursday. White House envoys Steve Witkoff and Jared Kushner, President Donald Trump's son-in-law, arrived Monday and Vance met with them upon landing.

Hamas said it recovered the remains of two more hostages and planned to hand them over Tuesday evening.

The ceasefire took effect on Oct. 10. While it was tested by Sunday's fighting and mutual accusations of violations. both Israel and Hamas say they are committed to the deal.

The head of Egypt's intelligence gency, Mai, Gen, Hassan Rashad, trayeled to Israel on Tuesday to meet with Netanyahu, Witkoff and others over the ceasefire's implementation, according

Please see CEASEFIRE, Page A9

BLOOMINGTON Bulk waste collection may change

DREW ZIMMERMAN

drew.zimmerman@lee.net

BLOOMINGTON - The city of Bloomington's public works department is looking to restore bulk waste pickup as a biweekly service to discourage the piling of waste materials on city streets for weeks on end.

It is also considering closing the Citizen Convenience Center from January to March and limiting materials accepted there to only landscape waste and recyclable materials. These topics were discussed Monday, which was a nonvoting work session.

Free bulk waste pickup is offered in May and October for residents who participate in the solid waste program. However, curbside pickup can be scheduled outside these windows for \$25 per 2.5-cubic-yard end-loader bucket for residents and \$100 per bucket for contractors.

However, waste is often left at residents' curbs weeks before the biannual

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Windy with partial sun High 57 • Low 35 FORECAST • B10

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