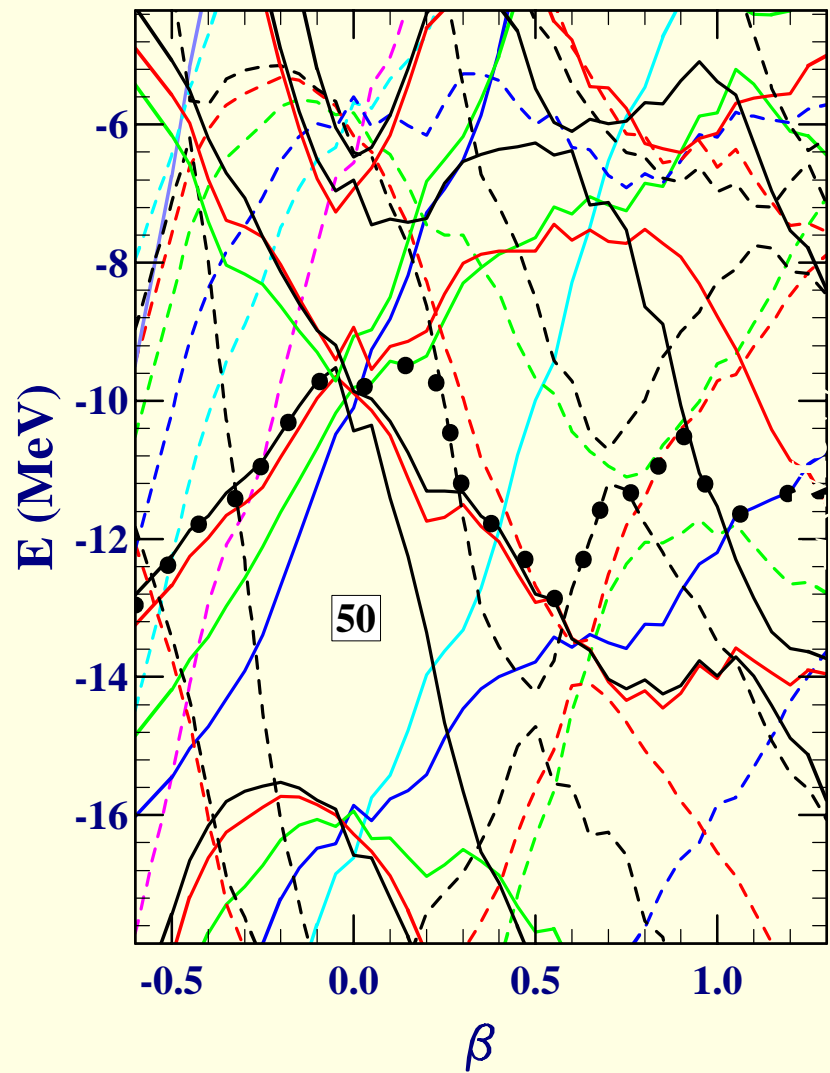
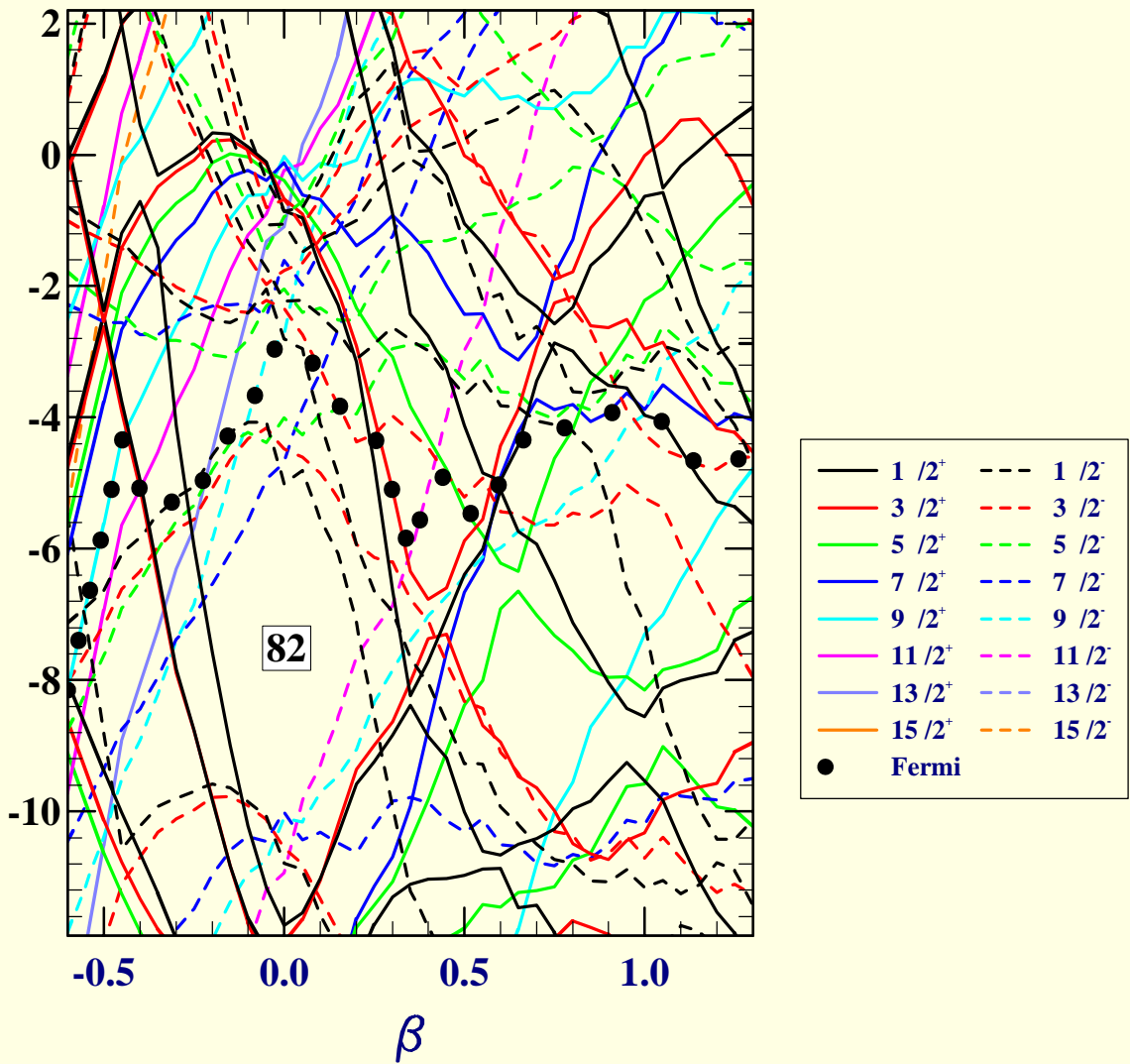


$^{148}_{57}\text{La}_{91}$

Protons



Neutrons



—	$1/2^+$	- - -	$1/2^-$
—	$3/2^+$	- - -	$3/2^-$
—	$5/2^+$	- - -	$5/2^-$
—	$7/2^+$	- - -	$7/2^-$
—	$9/2^+$	- - -	$9/2^-$
—	$11/2^+$	- - -	$11/2^-$
—	$13/2^+$	- - -	$13/2^-$
—	$15/2^+$	- - -	$15/2^-$
●	Fermi		