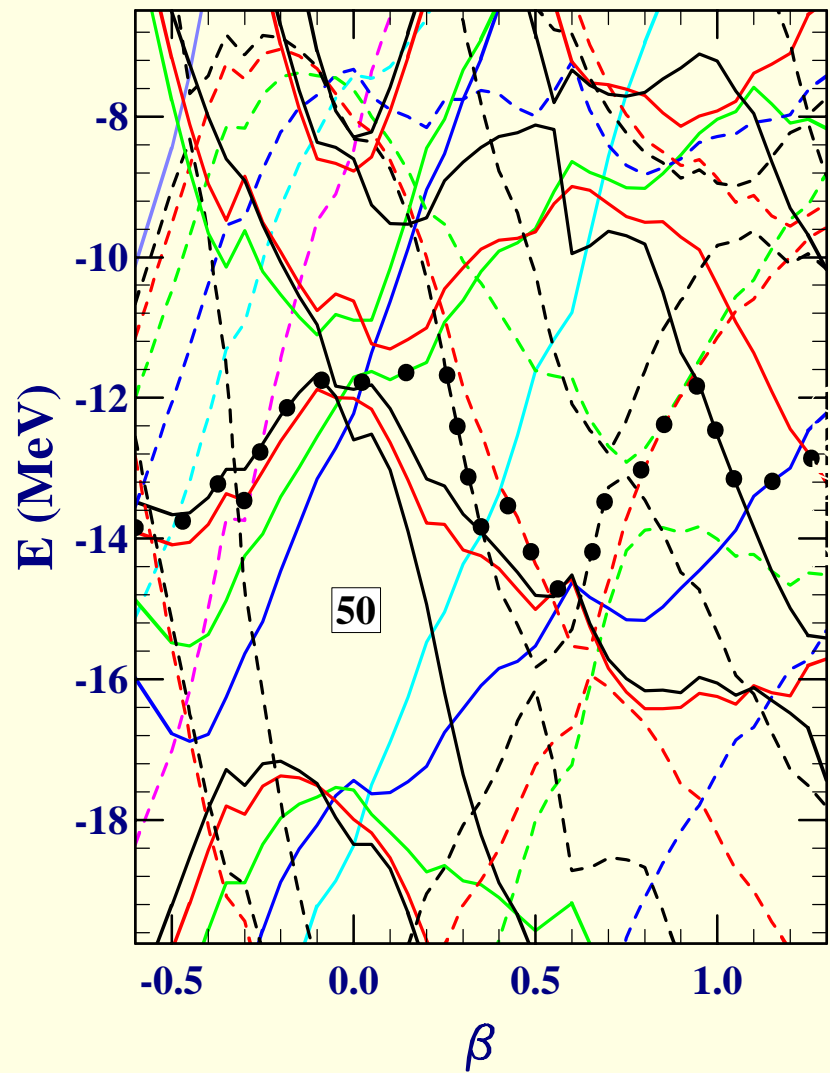


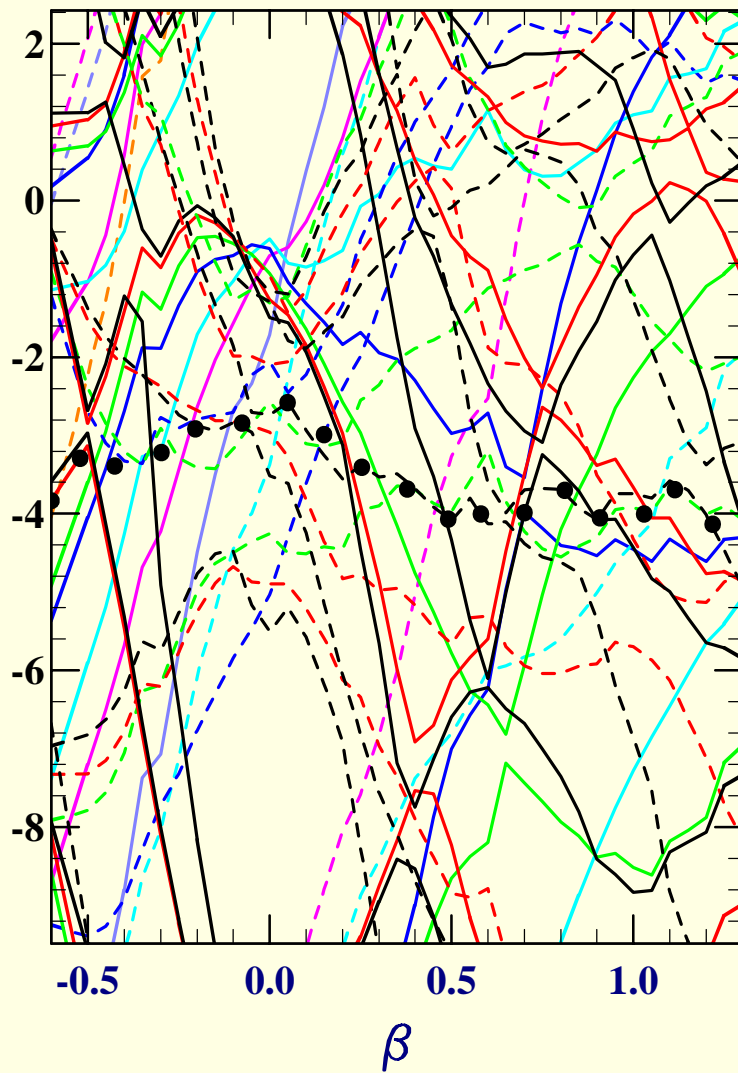


$^{154}_{57}\text{La}_{97}$

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 | | |