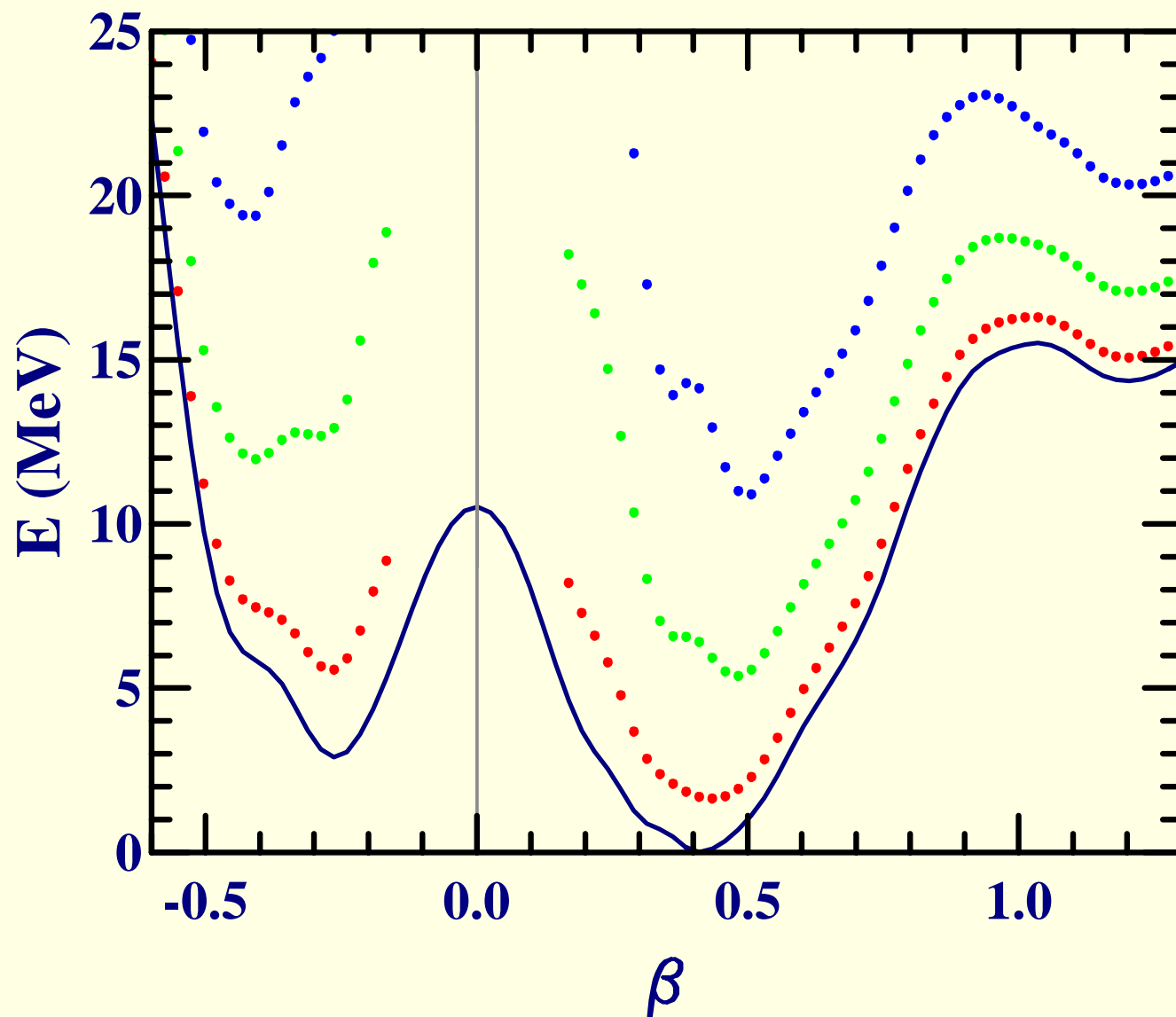


$^{119}_{57}\text{La}_{62}$ **Binding energy****HFB=969.331 MeV****Exp=970.86 MeV(ext)**