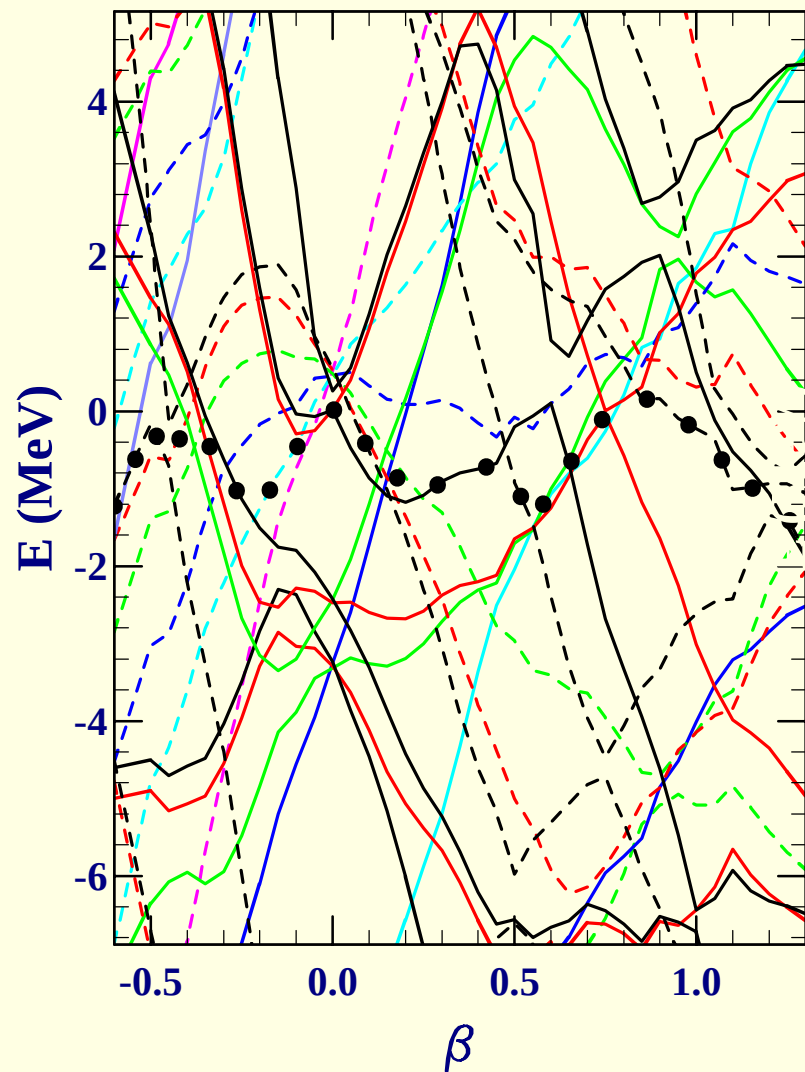


$^{144}_{67}\text{Ho}_{77}$ **Protons****Neutrons**