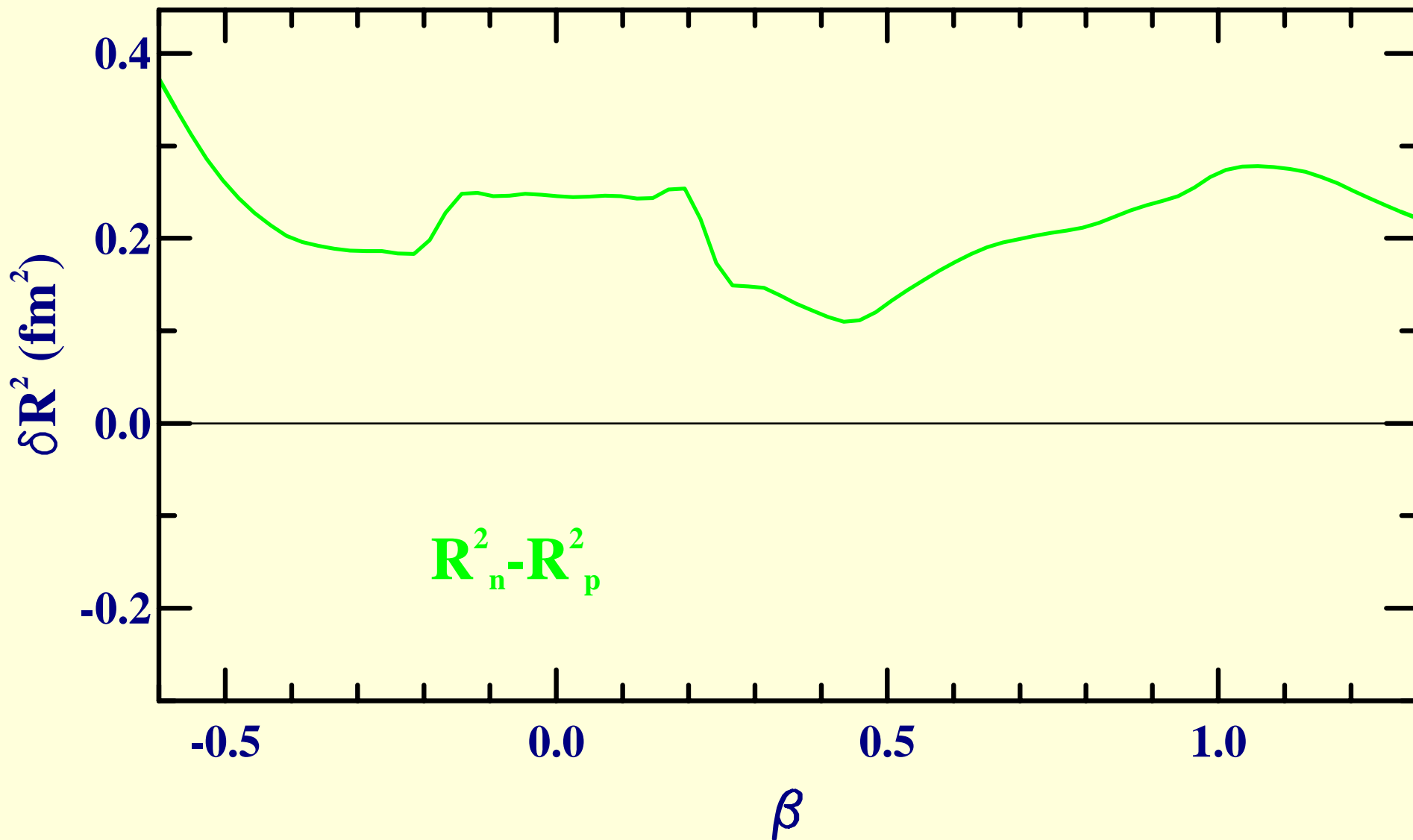




$^{30}_{14}\text{Si}_{16}$



$R_n^2 - R_p^2$