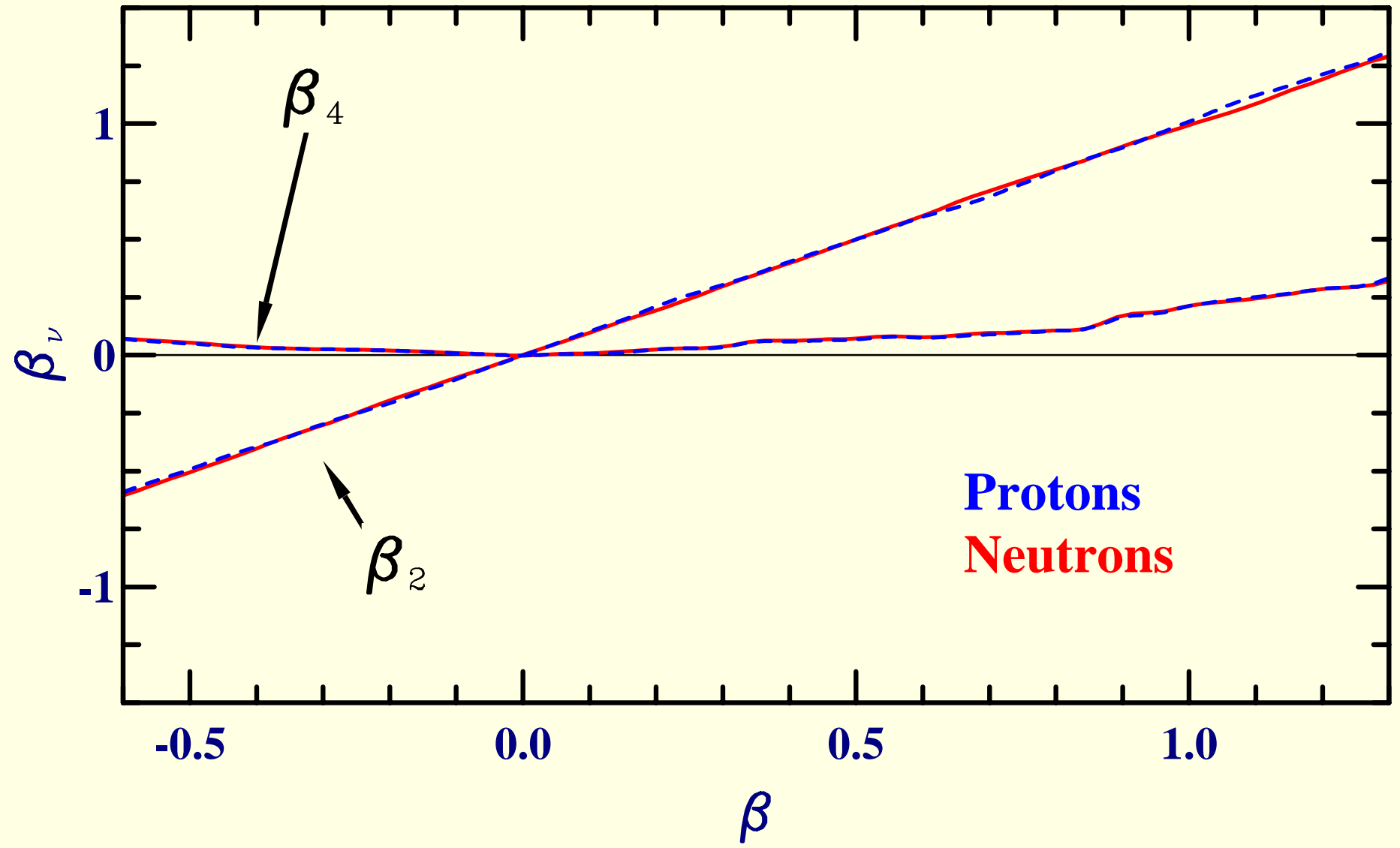




$^{144}_{57}\text{La}_{87}$



**Protons**  
**Neutrons**