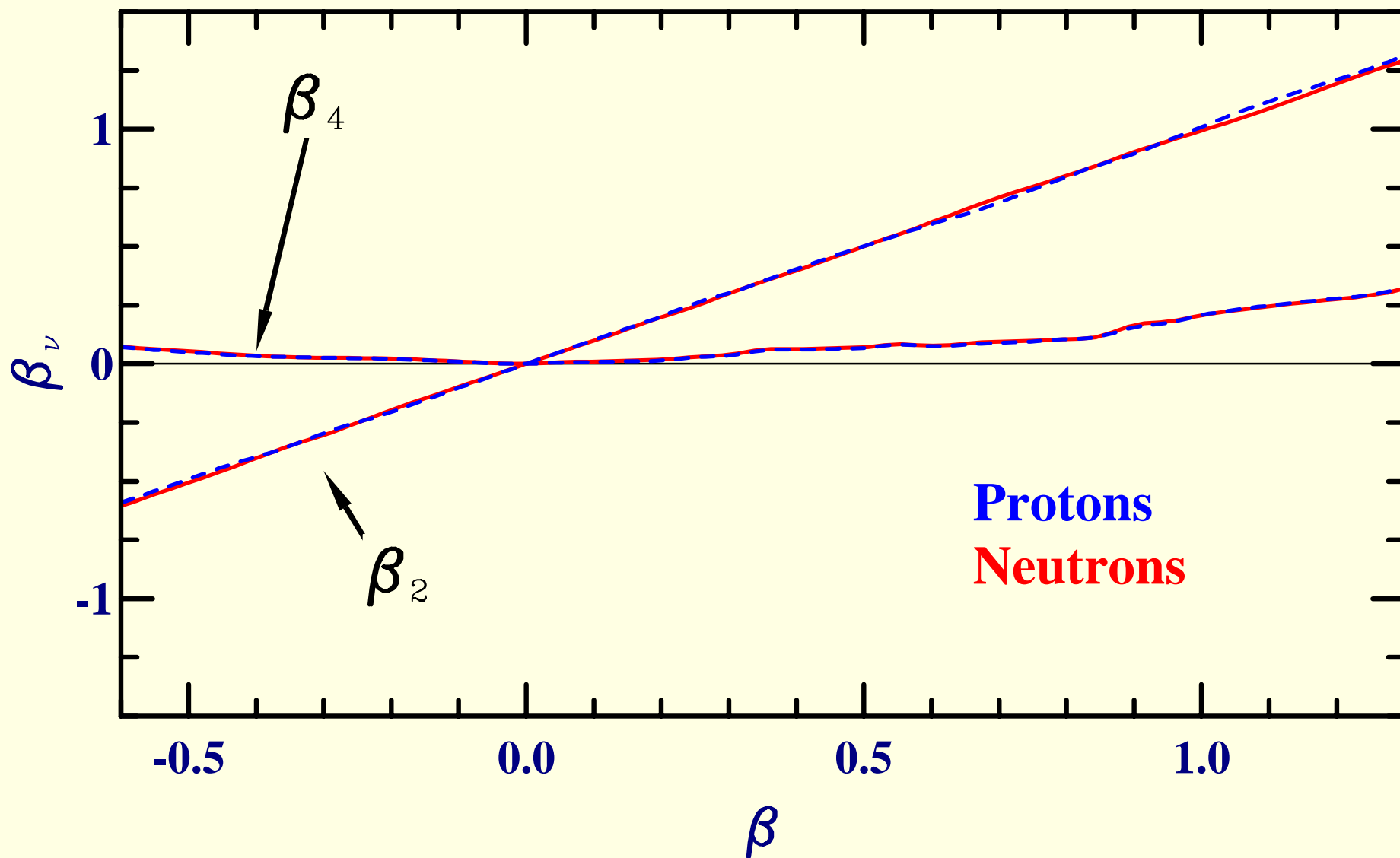


$^{145}_{57}\text{La}_{88}$ 

Protons
Neutrons