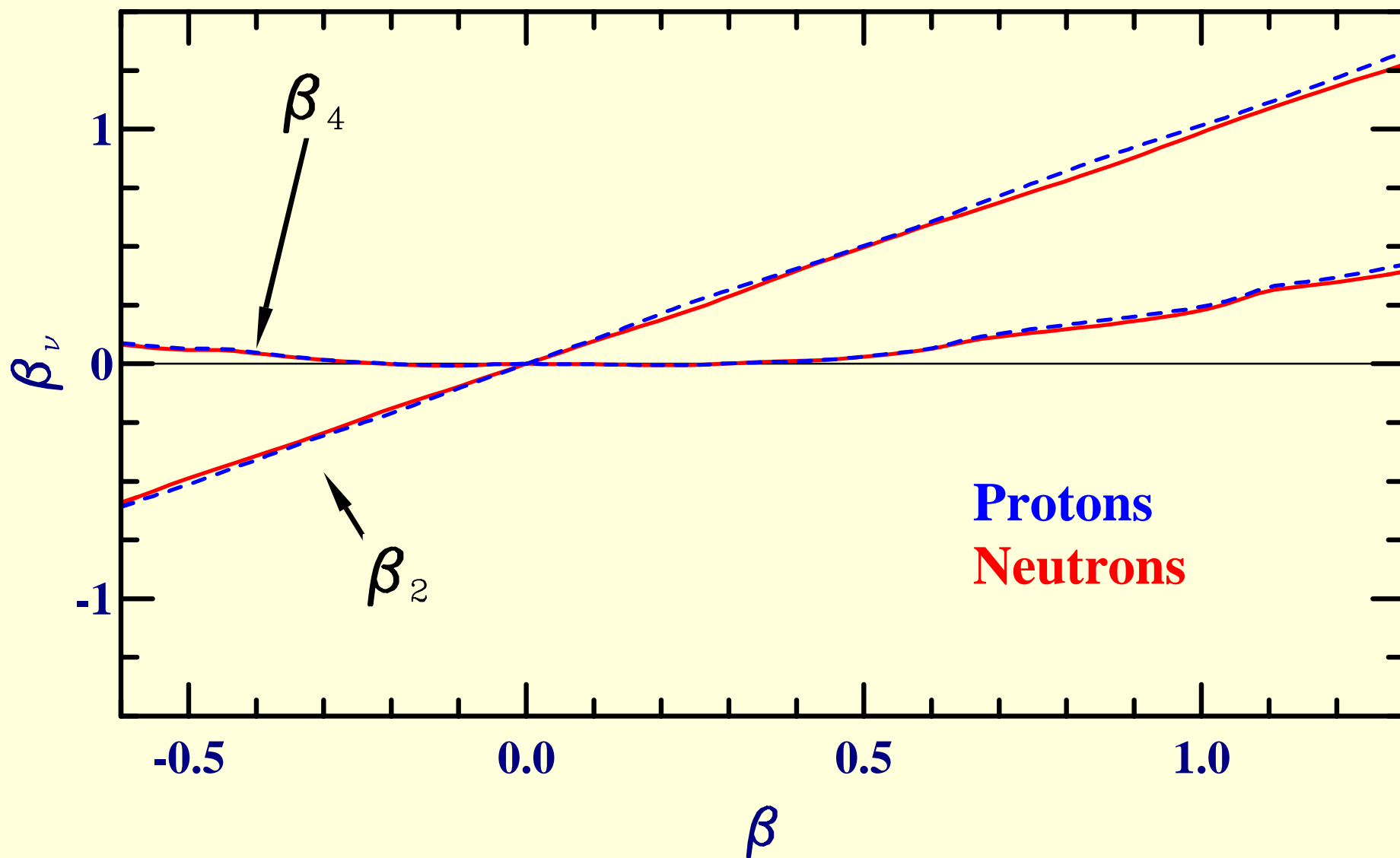


$^{144}_{68}\text{Er}_{76}$ 

Protons
Neutrons