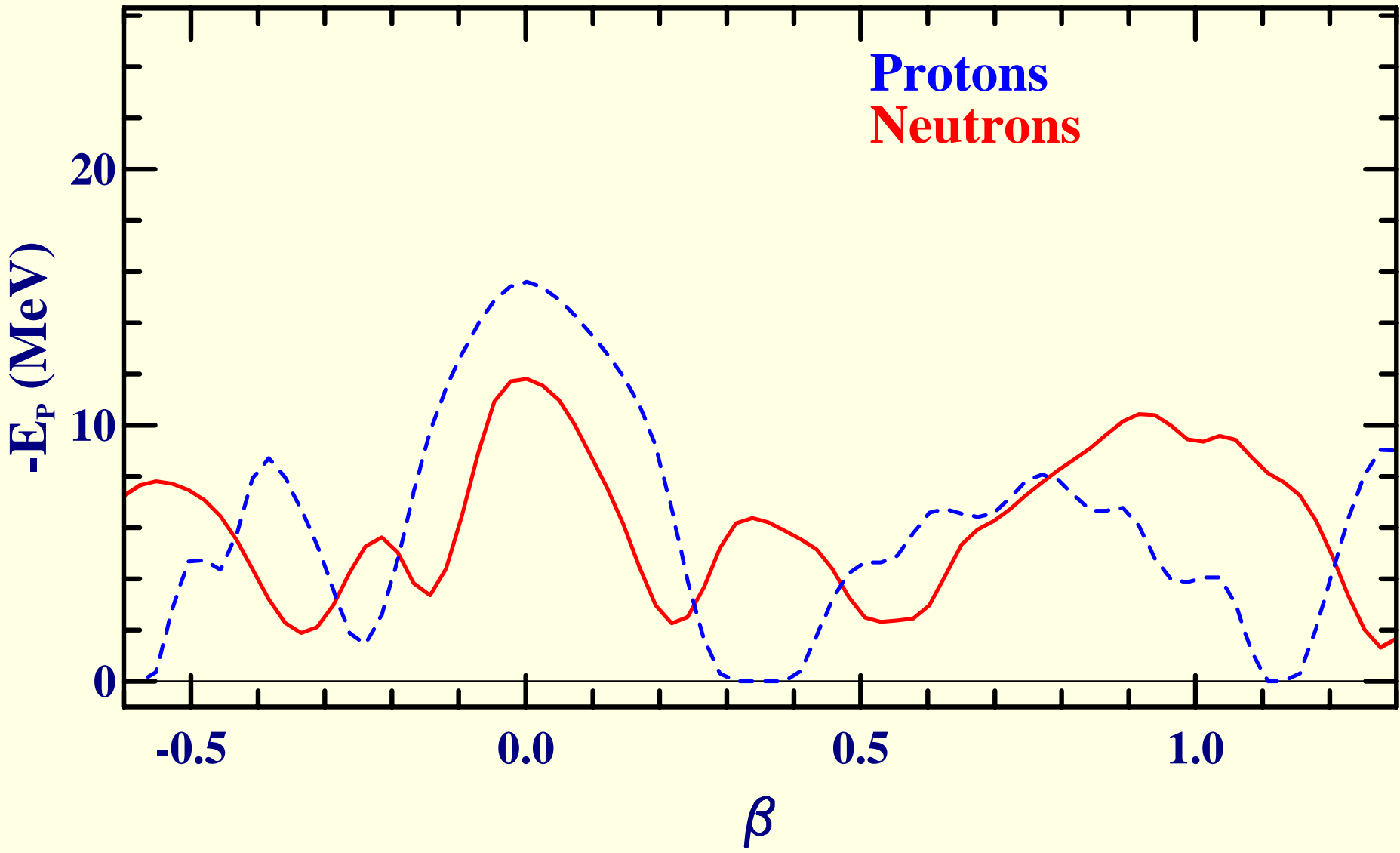


$^{144}_{69}\text{Tm}_{75}$



Protons
Neutrons