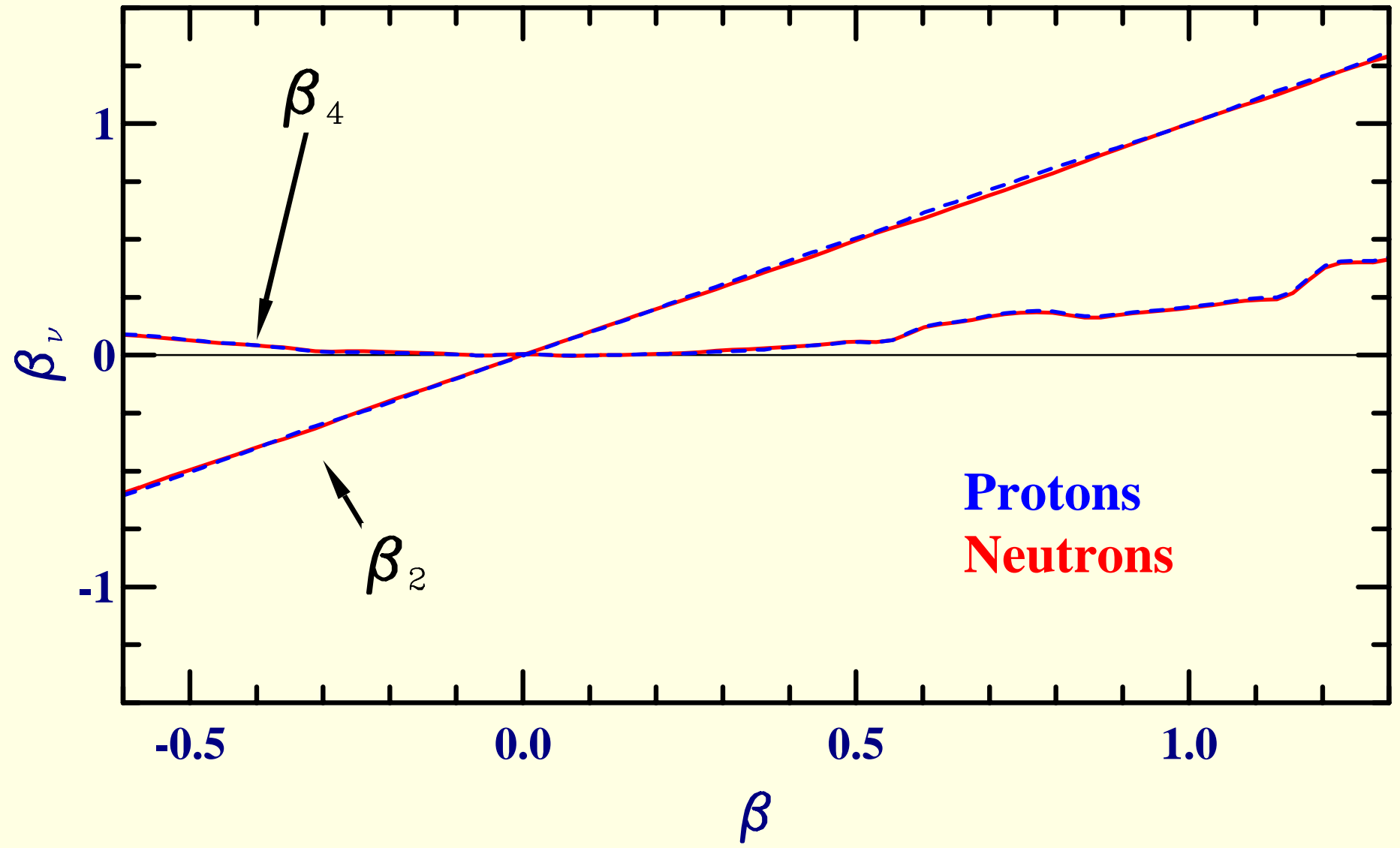


$^{164}_{69}\text{Tm}_{95}$



**Protons**  
**Neutrons**