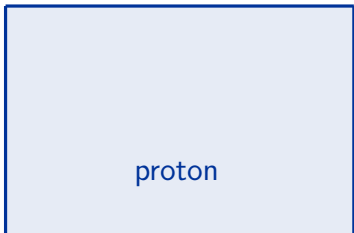
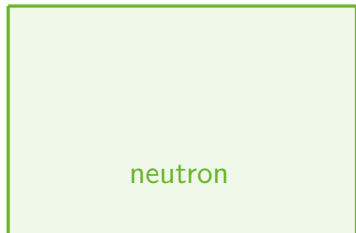

 $2s_{\frac{1}{2}}$
 $1d_{\frac{5}{2}}$


proton

 16
 14
 $1p_{\frac{1}{2}}$


neutron

 8