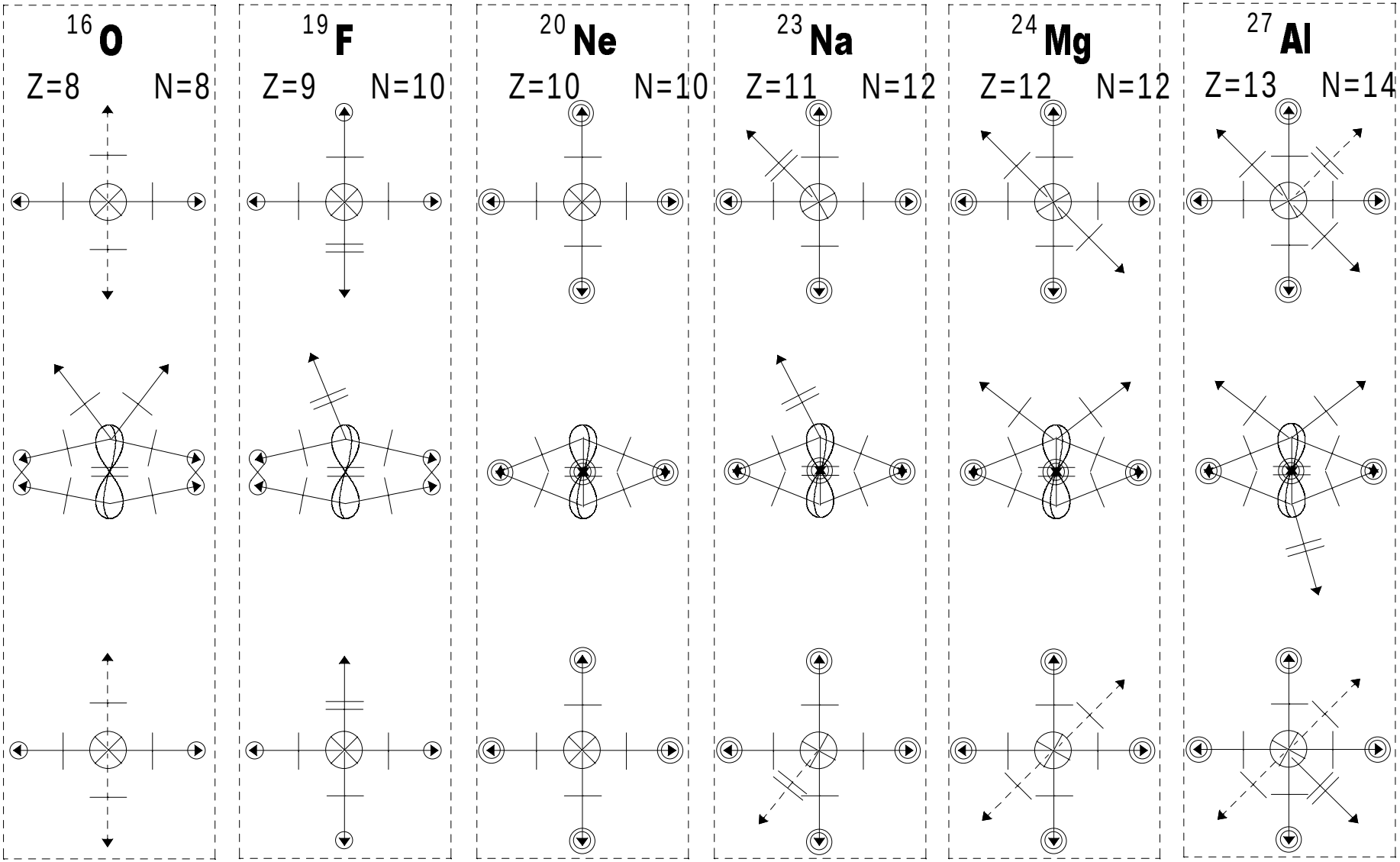
16 O
Z=8 N=8
19 F
Z=9 N=10
20 Ne
Z=10 N=10
23 Na
Z=11 N=12
24 Mg
Z=12 N=12
27 Al
Z=13 N=14