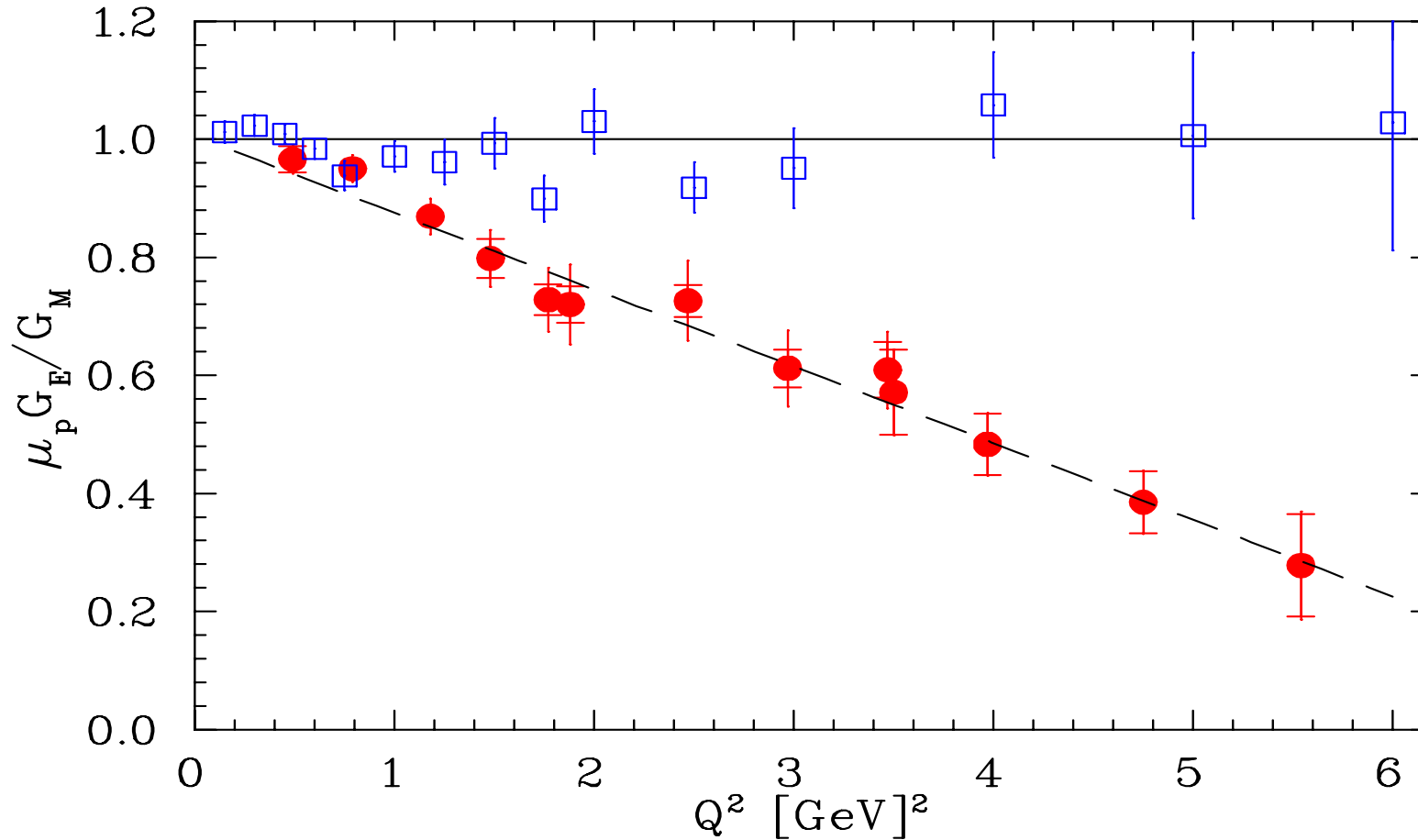


Do cross checks

... and you can sleep quietly



Arrington et al., Phys. Rev. C 68 (2003) 034325