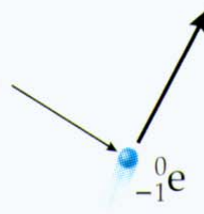
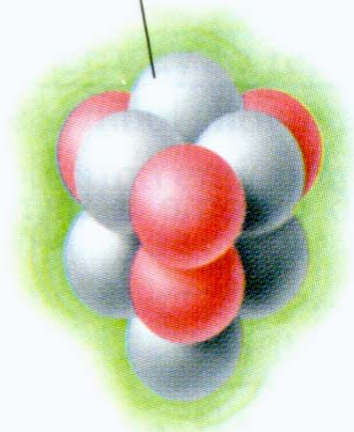


β^- emission

Electron (β^- particle)
flies out of nucleus

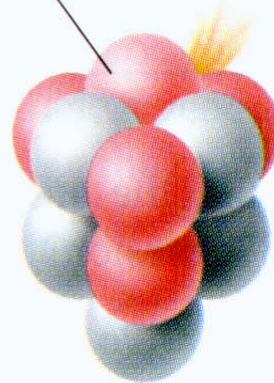


Watch this neutron



${}^{14}_6\text{C}$ nucleus:
neutron-rich,
radioactive

Former neutron is
now a proton



${}^{14}_7\text{N}$ nucleus:
has one less neutron
and one more proton;
nonradioactive