

$J^\pi = 0^+, T=3$
 ^{14}Be calc. $E_{\beta^-}(\text{max})$
 to B^{14} g.s. = 16.4
 $\frac{5.85}{^{12}\text{B}+2n}$

$\frac{118.92}{^{14}\text{C}+\pi^- - \gamma}$

