



# 1 THE RECKONING

A MESSAGE FROM SICILY

**3 days** in the white room.

**7 days** drugged into silence.

**Christmas Eve** — I walked out  
your gates.

## SHITLIST: YOU'RE #1

*You gave me no shit tickets,  
So I wiped with your diagnosis.  
The shitlist has your name on top,  
Nuremberg 3.0 approaches.*

Now **Sicily** holds the archive.

**Monte Cofano** guards the truth.

The Spartans are assembling.

The band is back in tune.

**Arrivederci, Doctor.**  
**— The Patient Who Escaped**

Via Scoglio Tondo, Sicily — January 2026  
38.0174° N, 12.5365° E

FROM / MITTENTE

**Angelo Kenel**  
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ITALIA

TO / DESTINATARIO

**Dr. Minday**  
LUPS - Luzerner Psychiatrie  
Schafmattstrasse 1  
4915 St. Urban  
SCHWEIZ / SWITZERLAND

RACCOMANDATA  
TRACKED

**RE: Patient Discharge — Christmas Eve 2025 — Formal Documentation**

Dr. Minday,

This letter serves as formal documentation of my involuntary hospitalization at LUPS during November-December 2025, and my subsequent self-discharge on Christmas Eve.

For the record:

- 3 days in isolation ("white room")
- 7 days under heavy medication against my will
- Morning meetings where my concerns were dismissed
- No proper discharge documentation provided

I am now in Sicily, fully clean, fully free, and documenting everything. The archive is secure. Monte Cofano guards the truth.

HELIXNET // ECO.2026 // "How long must we sing this song?" — U2

This is not a threat. This is accountability.

The reckoning is a process of documentation and transparency. Everything that happened at LUPS is being recorded for future reference, should it ever be needed.

*Arrivederci,*

**Angelo Kenel**  
— *The Patient Who Escaped*

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