



The **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

Theme,
**THE POWER OF EXPRESSION",
"REFLECTIONS & REALITIES:**

Volume 1
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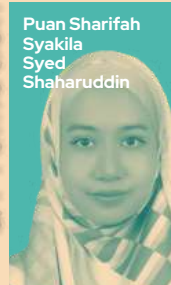


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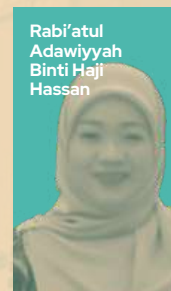
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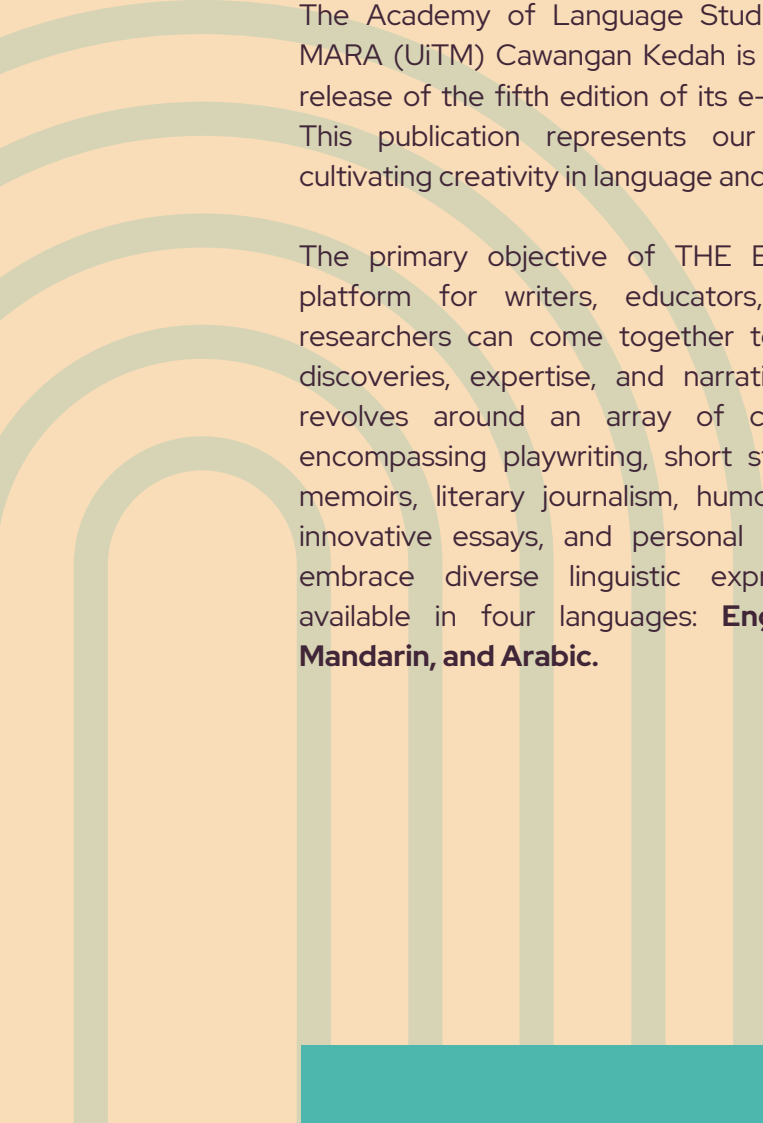
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Synopsis



The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Cawangan Kedah is thrilled to announce the release of the fifth edition of its e-magazine, The Epitome. This publication represents our steady dedication to cultivating creativity in language and literature.

The primary objective of THE EPITOME is to offer a platform for writers, educators, scholars, poets, and researchers can come together to exchange their ideas, discoveries, expertise, and narratives. Our special focus revolves around an array of creative writing genres, encompassing playwriting, short stories, songs, speeches, memoirs, literary journalism, humour writing, lyric essays, innovative essays, and personal essays, with a goal to embrace diverse linguistic expressions, with content available in four languages: **English, Bahasa Melayu, Mandarin, and Arabic.**





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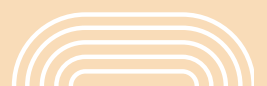
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Preface

Mr. Azlan Abdul Rahman

Head of Faculty
Akademi Pengajian Bahasa (APB)
UiTM Kedah Branch

Welcome to the 5th issue of Epitome. This time, we step into a world where reflections shape realities, and where the simple act of expression holds incredible power.

Our theme, "Reflections & Realities: The Power of Expression," captures the spirit of this collection. It reminds us that every creative work is more than just an arrangement of words – it is a mirror, a window, and a bridge. Within these pages, you will encounter a rich variety of voices, each offering a unique glimpse into personal journeys, dreams, questions, and truths. Together, they form a tapestry that reflects both the world as it is and the world as we imagine it could be.

At Epitome, we believe that creativity is not just about telling stories; it's about giving shape to experiences that might otherwise remain unspoken. Through story that stirs the heart, stories that spark new ideas, and essays that invite reflection, we celebrate the courage it takes to put thoughts into words and share them with others.

This issue is not just a showcase of talent – it is an invitation. An invitation to pause, to listen, and to engage with the many realities presented here. It asks us to look beyond the surface, to find meaning in unexpected places, and to recognize the universal threads that connect us all through the simple yet profound act of expression.

As you journey through this edition, we hope you find pieces that resonate with you, challenge your perspective, and awaken new ideas. May these reflections inspire you to embrace your own realities – and perhaps even to express them in your own way.

Thank you for allowing Epitome to be part of your reading experience. We are honoured to share these voices with you.

Happy reading!



Editor'snote

Presenting the fifth edition of THE EPITOME, a humble yet heartfelt collection of voices that reflect who we are, what we've experienced, and the truths we dare to express.

This publication's theme, "Reflections & Realities: The Power of Expression", embraces the essence of storytelling in all its forms—raw, whimsical, honest, and imaginative. Within these pages, our contributors navigate the labyrinth of identity, nostalgia, struggle, resilience, and creativity. Whether through memoirs, fiction, poetry, satire, or cultural musings, each piece represents a unique lens into the human condition, where language becomes both mirror and window—reflecting ourselves and revealing the world.

In a publication that welcomes expression in three languages—English, Bahasa Melayu, and Mandarin—we are reminded of the richness that lies in linguistic diversity. From humorous tales of online shopping to haunting narratives of secrets and self-discovery, from kampung chronicles to cross-cultural encounters, THE EPITOME offers a space for voices that often go unheard to finally be seen, read, and felt.

My deepest appreciation goes to the writers who have entrusted us with their stories, the editorial and design teams whose passion has brought this issue to life, and our readers who continuously support this platform as a space for creative and reflective exploration.

May this edition inspire you to reflect, to connect, and most of all—to express.

Warmly,
Dr. Nur Syazwanie Mansor
Chief Editor
THE EPITOME 2025



What Is Ageing? Does It Mean The End Of The World? Is 'Ageing Gracefully' Even Possible?

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One evening, as I entered the bedroom after dinner, I saw my husband sitting at the edge of the bed and rubbing his knees gently. He was going to retire at 60 in less than a week. The smell of his massage oil filled our bedroom. I rarely saw him like this. He had been a policeman for almost 35 years. He had always seemed healthy and active. Other than the fact that he was a heavy smoker until 3 years ago and was diagnosed as having chronic obstructive airway disease, he was completely healthy. He had no diabetes or hypertension, and his cholesterol level was within the normal range. But as his retirement approached, I noticed changes. He slept more during the day, watched less television, and woke up early every morning, which was not entirely bad because he could go for Subuh prayer more often. Many people plan to be more pious after retirement. This is probably due to work commitments and household responsibilities. By the time they retire, their children have grown into adults, leaving them with fewer worries and more time for Allah. But is that really the case?

Scientifically, ageing is caused by the accumulation of a wide variety of molecular and cellular damage over time. It is associated with a gradual decline in physical and mental capacity, predisposes to diseases and ultimately death.

People are surviving into old age, most can expect to reach 60 years or longer. According to the World Health Organisation (WHO), by 2030, elderly people aged 60 years will reach 1.4 billion.

Old age should be regarded as a blessing, rather than something to be afraid of. It offers more time with family and friends. It allows us to repent and reconnect with our Creator. It is also associated with hearing loss, cataracts and refractive errors, osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia. Additionally, an older person is more likely to have a mixture of these conditions.

Just like the pediatric population or pregnant women, ageing is a physiological process that everybody has to go through if one lives long enough.

Older age is so special that there is an area of medicine dedicated to the care of the elderly, known as geriatric medicine. The age for the elderly or geriatric population has not been specified by the WHO, but it roughly refers to 65 years old and older.

In my husband's case, he has a lot to be thankful for. What is a bit of knee pain compared to someone who is suffering from cancer or autoimmune diseases? He might be experiencing early osteoarthritis which is a part of ageing. If the pain is mild and tolerable, he can take oral analgesics like paracetamol or anti-inflammatory drugs like diclofenac or celecoxib and apply some topical treatment. A more advanced osteoarthritis might render the use of intra-articular steroid or hyaluronic acid injections or for worse cases, a joint replacement may be necessary. As much as ageing and death are unavoidable, we should try to practice a healthy lifestyle. Hopefully, by taking care of one's health, we can live a healthy and fruitful life. The best we can do is try.

Biodata of author(s)

Fatmawati Kamal is a lecturer in haematopathology and an occasional writer. She holds a master's degree in pathology from Universiti Malaya and has a deep interest in haemostasis and transplant immunology. Currently, she is actively teaching pathology at the Faculty of Medicine UiTM. She is a strong believer in knowledgeable patients.



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