



The **Epitome** */i'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

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

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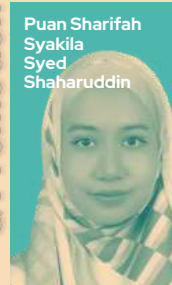


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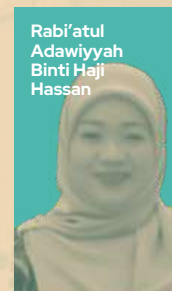
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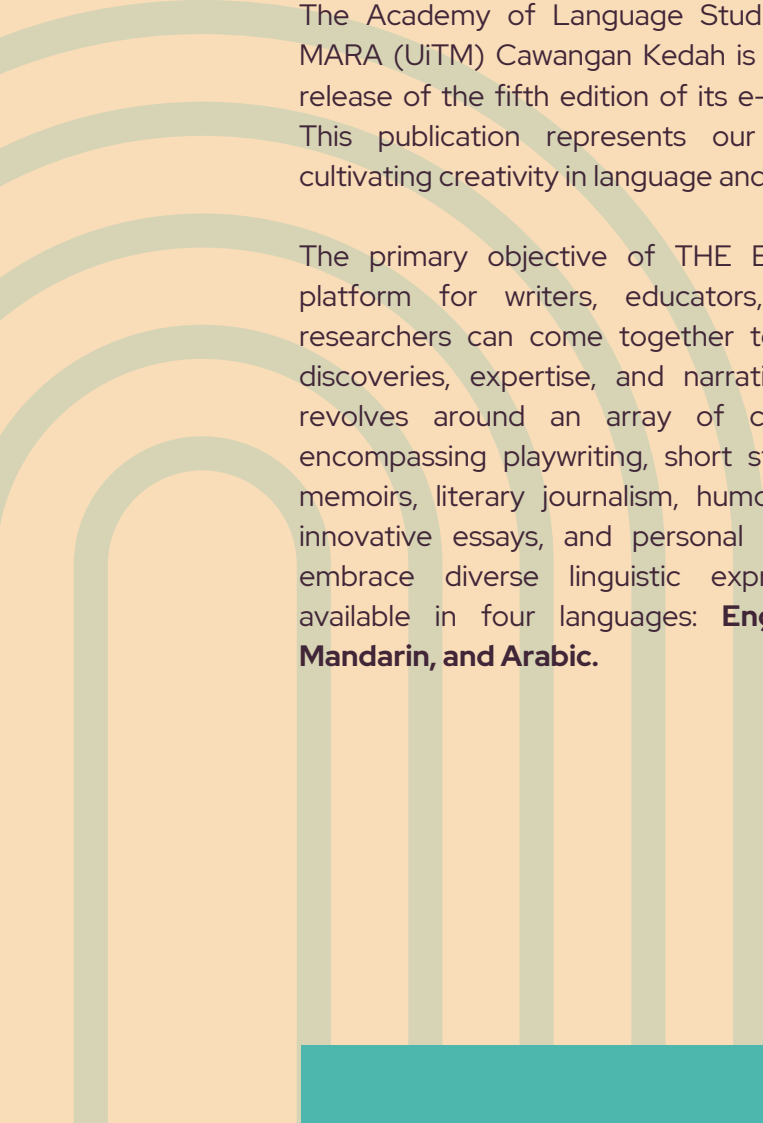
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Synopsis



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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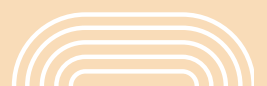
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Preface

Mr. Azlan Abdul Rahman

Head of Faculty
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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





Write Now

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I felt anxious and nervous at the same time when I texted him, an associate professor who is an expert in qualitative research, for a meetup. I was thinking of thanking him for his tips on a successful transfer application. We met at the library, and I recognized him based on his Instagram account. I listened to him, who is also a licensed psychologist, talking about writing.

I will never have time for anything. I will be in class for 18 hours a week, which roughly translates to seeing students for about four hours in a day. I will be dealing with an average of 150 to 180 students for three courses in 14 weeks. I need to process an average of four continuous assessments for one course. I need to update both hard copies and electronic files.

I may want to write at least a page a day. However, I do not know what I want to write. I need to organize my thoughts. There will be drafts after drafts until I feel confident that I convey what I want clearly. I will spend a lot of time getting back on track when there are unexpected events. Without understanding what I don't know, I can't be certain that I'm on the right track.

I need to be with my family, so I must find a space to write. I find it difficult to write at three or four in the morning as I require seven hours of sleep. I will not be fully awake to drive, let alone carry out the daily work routine. I do not welcome the possibility of getting dark circles under my eyes. Moreover, I am prone to making mistakes when I do not have enough sleep.

A lecturer consistently responds to my queries or completes a section of work within a single working day. Despite this, he would post his leisure activities on WhatsApp status, including fishing, bodybuilding, playing electric guitar, and riding a superbike. He was also one of the recipients of the annual Excellent Service Award, which convinces me that he is a genius.

I had always thought about how fortunate someone would be to have full support from their family members, until I learned at a lunch that a senior lecturer was a cancer survivor. She is an expert in language studies and modestly asserted that, given her advanced age, she has published more articles than anyone else. She has three successful children despite her husband passing away. I congratulated her on her annual Excellent Service Award, to which she responded that it was due to her impending retirement.

I was a little surprised when an associate professor, who also serves as an external PhD thesis examiner, volunteered to participate in corporate social responsibility activities at a local vernacular primary school. In my opinion, these activities do not have the same significant impact as writing. Under the roofed school hall, she sat on the cemented floor with her students in a circle, ensuring her voice remained unheard by other nearby student groups. Her students were the only group that managed to recite a two-page English poem fluently after a forty-minute instruction. I am running out of valid excuses for my idleness.

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