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TEKNOLOGI
MARA

The **Epitome** */I'pitəmi/*

Academy of Language Studies, UiTM Kedah Branch

Unleash the epitome of creative writers

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SYNOPSIS

The Academy of Language Studies, Universiti Teknologi MARA (UiTM) Kedah branch is proud to present the first issue of its e-magazine, The Epitome, as our focus to highlight our commitment to contribute to the areas of creative writing.

THE EPITOME aims to provide a platform for writers, educators, academicians, poet, and researchers to share their ideas, findings, knowledge, and experience, particularly on various creative writing genres - personal essays, poetry, short stories, songs, movie scripts, plays, and innovative projects in four different languages (English, Bahasa Melayu, Mandarin, and Arabic).

EDITOR'S NOTE

Dear readers,


It is with great pleasure and immense pride that we, the Academy of Language Studies at Universiti Teknologi MARA (UiTM) Kedah branch, extend our warmest welcome to all writers and readers to honor all 127 artistic masterpieces. This is indeed a tremendous achievement to commemorate our debut.

We are privileged to offer the platform for the writers to show their talents in creative writing in this magazine, which serves as a testament to our commitment to the area of personal essays, poetry, short stories, songs, movie scripts, plays, and innovative projects. Their invaluable contributions and unwavering commitment to academic excellence have played a vital role in shaping this magazine.

Thank you.

Best regards,

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AT 4 AM

Noorfarida Filzah bt Mohd Sobri Paridaluddin

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At 4am,
My alarm goes off--
It is subtle yet very triggering.
I put so much thought about choosing the right
alarm sounds.
Should it be Radar, Chimes or Presto...
It shouldn't be too loud, the 4am alarm is just
for me,
I don't want to wake anybody else – not my
husband, not my daughter.
They shouldn't be awakened at 4am,
The alarm is just for me.

At 4am,
I am both tired and awakened,
I am half awake and half asleep,
I prop myself up while looking at my newly
changed sheet,
With the scent of lavender and lemon within
the heat,
I find the strength to move my feet...
It's time to freshen up as it is the time to read,
read and read.

At 4am,
I don't smile, I don't frown, I just be,
It is a routine, though the feeling is still very
alien to me,
Turning on the lights of the other room,
Hoping that this time around -- I could bloom,
My eyes are still tired, of all the time this
consumes.

At 4am,
I juggle, I struggle,
To get in the mood within this hurdle,
Keep reminding myself – hey, be ready,
Open few tabs on my computer for my PhD,
Others for the daily work tasks,
Also, my mental tabs for whatever my
daughter has asked.

At 4am,
I am all as a mother, wife, employee and
student.
Daunting as it may sound, I have no choice
but to learn,
To be in constant state of anxiety, panic and
concern,
But anyhow these have never been a
burden.

At 4am,
I guess it will always be a calling for me,
A check of sanity,
A check of individuality,
A need for a me-time,
And maybe, slight chance for a climb.

At 4am,
I gain clarity as what to achieve,
It is in a way a form of a relief,
In a time even though it is brief,
It gives me hope and reasons as to why I live.

At 4am,
Sometimes I just stare at the screen,
Trying to make sense of what I mean,
Of doing my thesis, tasks and anything in
between,
Knowing that I need to move forward from a
place that I am in.

At 4am,
Sometimes I get to tick off few boxes,
A sense of success like I have built a fortress,
Definitely the best feeling in a form of a
conscience,
That I could achieve somewhat an
accomplishment.

At 4am,
I evolve a new person every morning,
Knowing in my heart that I have something
to bring,
I am not just a mother, wife, employee and a
student –
After all, I am a human being.



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