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**Epitome**  
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Academy of Language Studies, UiTM Kedah Branch

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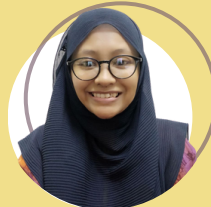


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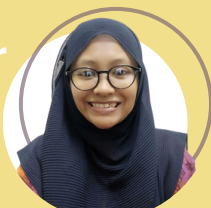
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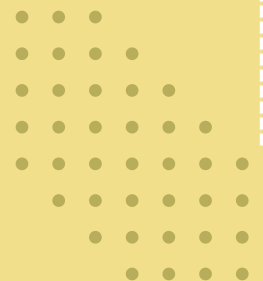
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# synopsis

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

The primary objective of THE EPITOME is to offer a platform where 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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# Preface



## **Mr. Azlan Abdul Rahman**

Head of Faculty  
Academy of Language Studies  
UiTM Kedah Branch

Welcome to Epitome, the 3rd Issue – a collection of thoughts, reflections, and stories that encapsulate the essence of an academic's journey. As the pages unfold, you will embark on a thoughtful exploration of the human experience, woven through the threads of joy, sorrow, and everything in between.

In designing this compilation, our intention is to offer readers a mirror to their own experiences, inviting moments of reflection and connection. Epitome is not just a creative publication; it is an invitation to pause, reflect, and find quality in the shared tapestry of our existence.

Through these pages, the reader may encounter familiar landscapes of the heart and perhaps discover a transformed perspective on the beauty and complexity of academic life. Each piece within Epitome is a humble contribution to the ongoing dialogue of what it means to be human.

I extend our heartfelt gratitude to all those who have been a part of this journey – especially to all the contributors and the esteemed Epitome Editorial Team. Your involvement and presence surely added depth and meaning to this publication.

May Epitome serve as a companion, provoking thought and sparking moments of connection and collaboration.

Thank you for embarking on this literary voyage with us.

# Editor-In-Chief



*Creativity is intelligence having fun*

## **Dear Epitome Community,**

We are back for the third issue and enthusiastic to share with all of you the collection of creative writings crafted by dedicated and imaginative writers. In this third issue, we present a variety of articles ranging from playwriting to lyric essays, each offering a unique tone and style of writing. Thanks to all the creative and talented writers, we hope these pieces can inspire you in various ways.

We would like to extend our congratulations to all the inspiring writers for their valuable contributions and unwavering support. Many of these names are familiar to us, as some have been submitting their work since our first volume. Additionally, we would like to express our gratitude to the dedicated committee and reviewers for their time and expertise.

Thank you for being a part of our Epitome community.

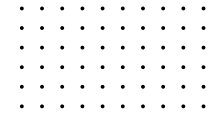
Till the next volume,

**Dr. Nur Syazwanie Mansor**  
**Editor-in-Chief,**  
**The Epitome**

# My Journeys with the Lone Tree

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In the tranquil hours of late morning, as the sun begins its gentle ascent, I find solace in a cherished ritual. Lacing up my running shoes, I step out into a world that seems to pause in anticipation. My destination is a familiar one, a solitary tree standing with quiet dignity in an expansive field, a steadfast companion on my daily journey.

The path I tread is unadorned, a humble gravel trail that stretches towards my leafy confidante. It's not a path of grandeur, but one of reliability, winding through the open space with a comforting predictability. As I jog, the gravel crunches underfoot, a rhythmic sound that becomes a meditative chant, syncing with the beat of my heart and the thoughts that ebb and flow in my mind.

Above me, the sky is a canvas of tranquility. Soft clouds drift lazily across the blue expanse, painting patterns that stir the imagination. Their slow, graceful dance is a silent symphony, a natural lullaby for the soul. Watching them, I feel a sense of calm seep through me, as if the sky itself is guiding me towards inner peace.

The tree awaits me, its branches outstretched as if in greeting. Standing alone, it is a symbol of resilience and quiet strength. Each leaf whispers a story of survival and growth, and I often wonder about the sights it has seen, the seasons it has weathered. Its presence is a constant reminder of the beauty of endurance and the grace of solitary existence.

Near the tree, a quaint wooden bridge arches over a meandering stream. Though unassuming in its appearance, it holds profound symbolism, representing the various crossings and decisions that mark the journey of life. Crossing this bridge, I reflect on the transitions I have faced and those yet to come, each step a deliberate move from one phase to another.

My morning runs are more than a physical exercise; they are a pilgrimage of the mind and spirit. The stillness of the environment, the towering tree, the open sky – they all converge into a chorus that speaks to my heart. With each stride, I delve deeper into a contemplative state, exploring the contours of my own thoughts and emotions.



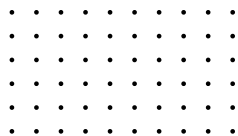


These moments beneath the open sky, in the company of nature, transform my run into a sanctuary of introspection and discovery. The path, the tree, the bridge – they become more than mere landmarks on my route; they are guides, teachers, and companions in a journey that transcends the physical act of running. Here, in the embrace of nature, I am reminded of life's simple pleasures and the profound truths that lie in quiet moments.

As I jog back towards the hustle of daily life, I carry with me the lessons and reflections of my solitary tree. The peace and clarity I find in these late morning runs are treasures, pockets of serenity in a world that often moves too fast. Each run is a tapestry of thoughts, a blend of reflection, appreciation, and a deep connection to the world around me.

This ritual has become a cherished part of my life, a time when I can disconnect from the noise and reconnect with myself. It's a reminder of the importance of taking a moment to pause, to breathe, and to simply be. In the presence of my lone tree and the vast sky, I find a sense of belonging and an understanding of my place in the grand scheme of things.

**So, every late morning, as I tie my laces and step out the door, I know that a part of me is heading home – to a place of introspection, peace, and the silent wisdom of nature. It's a journey that continues to unfold, one step, one thought, one breath at a time, under the watchful eye of my lone tree and the ever-changing sky.**



The End.



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