

Light Beneath the Lens

Asst. Prof. SHERWIN VALDEZ ALVARO

University of Northern Philippines- Vigan City

In a lab where electric fans make a humming sound

Under bright lights that shine so quietly

A tiny drop of blood so small and thin

Carries a story that's deep inside.

Glass slides are waiting on a tray that's worn out

New morning shift, no time to waste

Hands move quickly. Still carefully,

Guided by training and a strong will.

Under the microscope lens the world looks

Tiny truths hidden for years

Cells are like islands floating slowly

Telling what the body won't show.

A lab technician wipes their eyes

Still focused, still being smart

Because one wrong move, one careless mistake

Can break a diagnosis.

Outside jeepneys drive by on the street

Life goes on with a pace

But here inside, in quiet silence

Lives are touched where shadows were.

It's not work not seen, not loud
No clapping hands, no cheering crowd,
But in this space both at night and day
truth is protected in their own way.
So let this light beneath the lens
Remind us all again and again,
in a small and hidden space,
Care and duty still have a place.

