



# Who Are YOU?

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"I wouldn't trade lives with anybody... I think that everybody's life is interesting"  
-Alanna Dalton

## Alanna Dalton Reflects On Her Identity

Alanna Dalton, a junior at North Carolina Agricultural & Technical State University, carries herself with a calm confidence that only hints at the depth of her inner world. Majoring in Journalism and Mass Communication with a concentration in Mass Media Production, she's not only learning to tell stories—she's becoming one herself.

Driven by ambition and self-be-

lief, Dalton sets high standards for herself. But that pursuit of excellence comes with its own challenges.

"I set high expectations because I know I can do it," she says. "But I do have a tendency of being hard on myself, so I try not to be as hard as I used to."

Behind her thoughtful eyes and easygoing demeanor lies a deep thinker—someone who feels life

intensely and reflects on it just as deeply.

"I could be very deep," she says. "I can also stay surface-level, have little conversations, but I'm a very deep thinker. I think there's always more to people than what's on the surface."

It's that complexity she wishes others could see more often. Life, she believes, isn't always what it seems. "If you looked at me, a lot

of my experiences, you probably wouldn't even guess I've gone through them," Dalton shares. "But they've shaped me into who I am today. That's why I speak about different things—I feel it might help someone, whether they've been through it or are going through it now."

Dalton has learned not to take misjudgments personally. When people misconstrue who she is, she remains centered.

"I've had moments where peo-

ple saw me in a way that didn't match who I am," she admits. "But I don't get caught up in that. How they see me is more about how they see themselves. I never want to be put in a box—but if you do, just know it's not the one I chose."

One of the most defining moments in her life came with the loss of her grandmother—a moment that changed her, grounded her, and cracked open the shell around her emotions.

"The start of it really was the death of my grand-

mother," Dalton says quietly. "If I hadn't experienced that, I don't think I would have processed anything that came after in the same way. I probably would have stayed in my head more, but that loss helped me come out of it."

Instead of retreating, she chose transformation.

"I had to take that pain, take that hurt, and transmute it into something good."

In her journey, Alanna Dalton is finding strength in vulnerability, clarity in reflection, and meaning in the quiet spaces between the surface and the soul.

