

Alanna Dalton

Finding Her Voice, One Mic at a Time

Written by: Jada Webb

Alanna Dalton has always had something to say. From a young age, she imagined herself behind a microphone, speaking her truth and sharing her voice with the world. However, it took years of self-discovery and confidence-building before she finally stepped into that reality. Now, as both a podcast creator and a radio show host on WNAA 90.1, Dalton is proving that her voice—and the voices of others—deserve to be heard.

Dalton, a Greensboro, North Carolina native, is currently a Journalism and Mass Communication major with a concentration in Media Studies at North Carolina A&T State University. Her path to radio and podcasting has been shaped by a lifelong love for storytelling, a passion for music, and an undeniably magnetic personality. Those who know her describe her as larger than life—someone who can instantly light up a room and command attention. But for Dalton, finding her true voice didn't happen overnight.

Her personal passion project, a podcast titled *Are You Listening*, launched in January 2024, but the vision had been in the making since she was 14. The name itself carries deep significance, a reclamation of power from the insecurities of wondering if people were truly listening. “I just wanted to take back that power of asking that question,” Dalton explains. “Am I being heard? And just knowing that I am—by expressing myself, by sharing what I have to say.”

Are You Listening is more than just a podcast—it's a space for candid conversations, self-expression, and storytelling. Through her episodes, Dalton creates a platform where people can feel seen and heard, tackling topics that range from personal experiences to larger cultural discussions. While this project is her own, it's a natural extension of what she has always been passionate about: using media to connect with people in meaningful ways.

Beyond her podcast, Dalton has also made waves at the university's radio station, WNAA 90.1. She joined the station in April 2024 and quickly found herself at home behind the mic. Now, she takes on a new persona as “Lonnie D,” the host of *The Lonnie D Show*, airing every Tuesday from 6 to 7 p.m. The show blends music commentary,

motivational insights, and industry news, allowing Dalton to explore her love for music while engaging with her audience in an authentic way.

“I talk about music, I drop gems—whether it's motivation, news, or just what's going on in the world,” she says. “I really love radio, and working here has been such a great opportunity to get my feet wet in the industry.”

Dalton's love for music goes back to childhood. Growing up in Greensboro, she was surrounded by different genres, artists, and sounds that shaped her appreciation for the art form. Whether it was listening to classic R&B, hip-hop, or the latest trends in pop culture, she was always drawn to the way music could tell a story and evoke emotion.

“Music has always been a part of my life,” she shares. “I've always been the type of person who would dissect lyrics, analyze beats, and try to understand what an artist was really trying to say. Now, I get to bring that passion to my show and share it with other people.”

Her journey in media has been deeply personal. While her outgoing nature makes her a natural in front of the mic, she admits that it took time to develop the confidence to fully embrace her voice. Like many aspiring broadcasters, she had moments of doubt—wondering if her voice was strong enough, unique enough, or impactful enough. But through persistence, practice, and a willingness to step out of her comfort zone, Dalton has grown into the powerhouse media personality she is today.

At WNAA 90.1, she is learning the ins and outs of radio production, audience engagement, and content creation. The experience has given her the tools to expand her career in media, whether through traditional broadcasting or digital platforms like podcasting. “It's like I get to show up as this media personality, as Lonnie D, and talk about music, something I love,” she shares. “It's the best of both worlds.”

Between *Are You Listening* and *The Lonnie D Show*, Dalton is carving out a space for herself in the media industry—not just as a host, but as a storyteller, a curator of conversations, and a voice that demands to be heard. Her journey is one of perseverance, passion, and purpose.

