

Dakota Frost

This Pulaski Academy and Central School alum is about as essential as they come. Dakota Frost, a 2012 PACS graduate, is a lieutenant with the Ringgold Fire Department.

Frost said now is the time to look out for one another.

“Help each other out as much as you can,” said Frost. “Check on your neighbors, family and friends and be supportive of one another.”

