

## **Russell H. Frigon**

1943-2013

ST. JOHNSBURY - Russell Frigon, 70, of St. Johnsbury, passed away on Wednesday, Aug. 21, 2013, following a period of declining health.

He was born on April 12, 1943, in Barre, Vt., the son of Henry and Laura (Spencer) Frigon. Russell made his home in St. Johnsbury Center, from 1944 until his passing on Wednesday.

Russell graduated from St. Johnsbury Trade School and then enlisted in the U.S. [Army](#). After serving in the military, he worked as a highway construction equipment operator, principally on the construction of Interstate 91. He was also a St. Johnsbury [firefighter](#) and owner/operator of R.H. Frigon Trucking.

He enjoyed snow and water skiing, scuba diving, motorcycling and flying his ultralight plane.

Russell is survived by his two brothers: Ronald Frigon, of North Concord, and Alan Frigon, of St. Johnsbury.

There will be no visiting hours, and services will be private.

Memorial contributions, marked for "Resident Activity Fund," could be directed to St. Johnsbury Health and Rehabilitation Center, 1248 Hospital Drive, St. Johnsbury, VT 05819.

Sayles Funeral Home is assisting the family with arrangements.