



## Matthew Herbert Nagel

June 26, 1988 - May 29, 2024

Matthew Herbert Nagel passed away unexpectedly at home on Wednesday, May 29, 2024, just shy of his 36th birthday.

Matt grew up in Arden Hills where he attended Valentine Hills Elementary, Highview Middle school and Mounds View High School. Even as a child Matt could focus for hours on projects, enjoyed challenges, and was an independent learner. There was nothing he couldn't accomplish when he set his mind to it.

Matt was a gifted writer and educator. He received his BA in English from Iowa State University, his MFA in Creative Writing from Boise State University where he also served on the editorial staff of The Idaho Review and was an adjunct professor at the University of Southern Mississippi.

Matt loved the outdoors: hiking, camping, fishing and trail running. In 2022 he successfully hiked the Appalachian Trail - over 2200 miles from Georgia to Maine, culminating at Mount Katahdin. It was a tremendous feat of endurance with moments of intense joy and sorrow. It's effect on him cannot be overstated. He was tenacious in achieving his goals but battled anxiety, and more recently depression, that he could not seem to overcome.

"No one loves like Matt loved. Once he chose you to be part of his tribe, you

were there for life. Whether you were apart for days, months, or years, he'd pick up right where you left off with genuine curiosity and insight about your path through life. Matt gave you courage to be your most authentic, full-throttled, audacious self. His laughs, from the silly giggle to the hearty, wild bellow, were the foundational show of his care-you could feel them rise from a deep, pure spring, and it made you happy to be able to call them forth."

Boise Friends: Kyle, Rob, Zach, Molly, Scott

Matt was preceded in death by his grandparents Ruth and Herbert Nagel and Madeline and Thomas Corlett. He is survived by his parents, Mark and Colleen Nagel; his brother Brian and his wife, Morgan, and their son - his beloved nephew - Olin; his Uncle Christopher Nagel; Uncle Thomas Corlett and his wife Angela; cousins: Timothy Corlett (Christina), Mandara, Madeline, and Aidan; Kevin Corlett (Caitlin) Chloe, and KJ; Peter Nagel (Nancy), Rob Nagel (Vicki), and Steve Nagel.

Join us for a celebration of Matt's life on Saturday, June 29th from 3PM to 7PM at Perry Park, 3700 New Brighton Rd in Arden Hills, MN. We will be providing a taco bar, snacks, and sodas. We request that you provide a story about Matt!

We will take time to remember him through pictures and stories starting at 4:20. Matt lived and travelled in many places and made an impression on so many lives. We would love to hear about how he made an impression on you. We'll progress through the eras of Childhood, High School, Iowa State, Boise State, Southern Mississippi, and The Appalachian Trail, showing pictures from each era to reminisce and to hear your experiences during those times with him. We look forward to seeing you all and hearing your stories!

Any questions? Please contact Brian Nagel at [brian.nagel.art@gmail.com](mailto:brian.nagel.art@gmail.com)

To honor Matt please consider donating to the Appalachian Trail Conservancy or to NAMI-Minnesota.

# Previous Events

## Celebration of Life

JUN **29**. 3:00 PM - 7:00 PM (CT)

Perry Park  
3700 New Brighton Road  
Arden Hills, MN 55112

# Tribute Wall



“ Washburn-McReavy Funeral Chapels created a Funeral Service for Matthew Herbert Nagel in memory of Matthew Herbert Nagel



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**Washburn-McReavy** - June 01, 2024 at 08:44 AM

CS

*Colleen and family, sending prayers and may cherished memories bring you comfort at this time.*

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**Colleen Spicer** - June 05, 2024 at 11:24 PM

RM

“ I knew Matt through my cousin, Phill Menge, and I have many precious memories with them.

*I remember going to my first year roommate's farm party with them. The thing I acknowledge most about Matt was that he is a lot of different things and he is A Lot. He is a mix of Bukowski, Bill Bryson, and Conan O'Brien all in one. He had some absurd costume that included a pillow over his tummy under his shirt. As he was making people laugh I thought on how he can captivate people both on the page and off. As an aspiring writer, I always was inspired by that.*

*I didn't know him as well as many on this Wall, I'm sure, but I always was mesmerized by him, very happy to see him whenever I could. For my own part, I am certain he is entertaining folks still, in some expansion of this life, and his written works will continue to inspire future generations.*

*-Robert "Bobby" Menge*

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**Robert Richard Menge** - June 29, 2024 at 12:03 PM

SD

“ I had the pleasure of hiking the Appalachian Trail with Matt, or as we knew him, “Lumen”. Matt seemed to me like he was invincible, almost larger-than-life. On the Trail, he wasn't afraid of anything or anybody. Matt's enthusiasm and good cheer kept us going when the going got tough. I'm honored to have been a member of his trail family.

*Sending love and condolences.*

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**Sam Diedrich** - June 08, 2024 at 05:15 PM

ZW

“ I had the joy of knowing Matt for the past eight years and, as said by his Boise friends, when he chose you for his tribe, you were in for life. I remember sitting alone in the shared offices at USM the week before classes started and him entering and immediately started joking in his way. I think I'd laughed a full five minutes before we even exchanged names. From that day forward, we spent almost every day together until I left school and spoke regularly thereafter.

One of the things that always impressed me about him was his careful balance of irreverence and real empathy, all shot through with a wit I've seen in no one else. Every time we spoke, especially in the intervening years, he had me delirious with laughter. When talk turned serious, he brought clear-eyed perspective and genuine concern.

I hope that his family and friends elsewhere find solace in how widely and well he was loved wherever he went. I'm truly a better person for having known him and will do my best to honor him for the rest of my life.

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**Zachary Williams** - June 07, 2024 at 10:47 AM

MS

“ Colleen and family, I am so sorry for your loss.

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**Mary Swierczek** - June 05, 2024 at 12:02 AM

EK

“ Matt was a creative force. He was 1 of 1. I have never met anyone like Matt in my life. I grew up in with Matt and was lucky to spend quality time with him as a kid.

When I think back to long summer days and evenings at Matt's house, it was truly the epitome of unbounded childhood joy. He was always creating ways to challenge ourselves. One of the activities that sticks out to me was mud jumping. After a rainy day, he instigated building a launch pad where we could jump over a heap of stacked items consisting of bicycles and whatever else we could find in his garage to make the pile larger with a soft landing (albeit messy, that was part of the fun) in a mud pile in Arden Oaks park.

I remember that he knew I could jump high and wanted me to make the most of that talent. Challenging me to jump higher and try our creative poses while air-bound. His witty commentary and authentic support fueling me to reach limits I didn't know I could. He was always bringing the best out of the people in his life; Matt saw talents in us that we didn't see in ourselves.

I am so sorry for to hear about the loss of a fully unique guy. I wish I would have been there for Matt in his adult years. The write-up about his tremendous Appalachian Trail journey is so touching. What a tremendous feat.

Thank you to Matt's family and friends for sharing some of his journey. Sending love and support.

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**Eric Kramlinger** - June 04, 2024 at 12:25 PM

JH

“ So sorry to hear of your loss. My condolences to all of you. - Jon Hohenstein

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**Jon Dean Hohenstein** - June 04, 2024 at 08:41 AM



“ Florist Choice Bouquet was purchased for the family of Matthew Herbert Nagel.



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June 01, 2024 at 08:05 PM



“ Jillian Rochelle planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Matthew Herbert Nagel.

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**Jillian Rochelle** - June 01, 2024 at 08:05 PM