



Frederick Mathewson Knox

February 24, 2023

USN Lieutenant Commander Frederick Mathewson Knox passed away on February 24, 2023 at the age of 79 in Woodbridge, Virginia with his beloved wife, Mary, by his side.

Fred was born in Boston, Massachusetts but also spent much of his childhood in Georgia. As a child, Fred was an avid swimmer, sailor, and outdoorsman which carried into his 30 year career with the United States Navy. He was incredibly proud of his lifelong service to our country.

Fred met Mary, in Portland, Maine, and together they were stationed in Portland, San Diego, Virginia Beach, and the Washington, DC area. He is survived by two children, Anne Knox and Jennifer Knox Atkinson, her husband, Danny, grandchildren, Quint and Delaney, older brother, Marshall Grant Knox III and his wife, Jeanne.

Grandson, Quint, will proudly receive Grampy's military medals and granddaughter, Delaney, will receive Grampy's treasured Snoopy collection.

Fred will be honored with a private full military honors burial at Arlington National Cemetery.

In lieu of flowers the family would appreciate a donation to the St Jude

Children's Research Hospital in Fred's memory.

Cemetery Details

Arlington National Cemetery