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# SPORTS

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LIVE LIKE MAX FOUNDATION

Max Pardington always lived life to the fullest, as this loving moment with a family pet demonstrated.

## LOVING LEGACY

Grief-stricken Canton family launches  
'Live Like Max' to help promote heart health

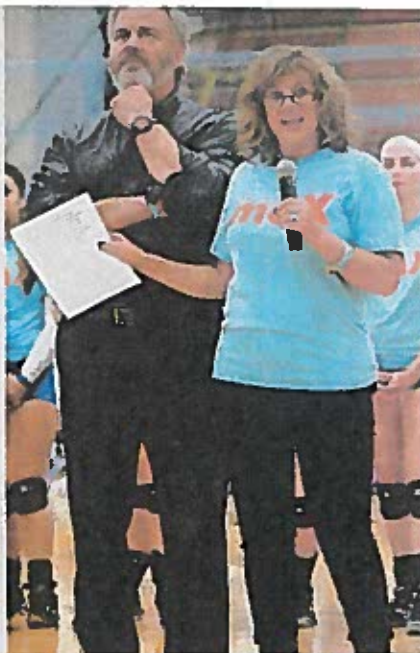
In life, there was nothing Canton's Max Pardington didn't shy away from.

He was all in — whether traveling, competing in a Tough Mudder contest, working in a vineyard or shooting hoops.

And now, just a few short months after the healthy, 6-5, 220-pound 20-year-old's sudden death June 10 stemming from an enlarged heart, Pardington's parents are honoring him in an appropriately epic way.

John and Lisa Pardington, longtime Canton residents and owners of Holiday Market at Cherry Hill and Lilley roads, launched the Live Like Max Foundation and website ([www.livelikemax.org](http://www.livelikemax.org)) in order to help folks they never met to get that \$25 heart screening that probably would have saved their son's life.

"Our son, he was very athletic and he always lived life to the fullest," Lisa Pardington said. "He traveled the world, he went to music festivals. If there was something fun to be done or to experi-



JOHN KEMSKI | EXPRESS PHOTO  
Before a recent Salem volleyball game, John and Lisa Pardington of Canton talked about helping others get heart health checks through the new Live Like Max Foundation, established in their late son's memory.



ence he wanted to do it.

"So part of our organization — and that's why we call it 'Live Like Max' — is because we want everybody to reach their full potential."

**Check it out**

The Pardingtons talked about their son and the program that will be his legacy during a recent "Live Like Max" benefit game hosted by Salem's varsity volleyball team.

"What the symbol of it is, it's a beautiful boy who lived a clean, beautiful life and he lived life to the fullest," John Pardington said. "He was always looking over the next hill, to find the next adventure. He had traveled the world, he had been in Costa Rica, all through Europe.

"We're honoring him with this foundation strictly to raise money

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# Novi attack clips conference title tilt

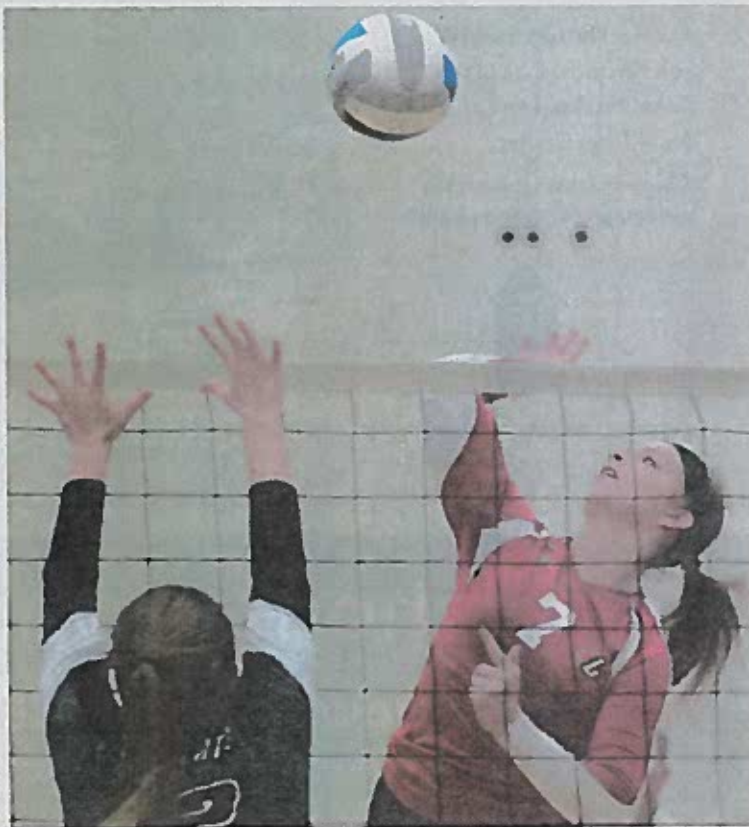
ed in nine kills and a best 17 digs as the KLAA Central Division champions, ed No. 2 in Class A, imed to 35-4-1 overall. Victoria played really t tonight," Novi coach Cottrill said. "We were y working hard for a e on our other attackers I think she took a little then this last week we've really focusing on them moving the ball around a bit and I thought she did at job of that tonight." he Chiefs (19-8-1) couldn't ver from an 18-8 first-set it, but regrouped to make attle of it in the second pulling even at 24-24. ut Novi got a clutch kill i Paulina Iacobelli to close he set.

of the middle like they do," Canton coach Steve Johnson said of the Iacobelli twins. "And when they swing from the outside, they see the court well."

In the third set, Novi led 13-9, but Canton came back to within two, 16-14. The Wildcats then went up 20-16 before Johnson was forced to use his final timeout.

Seniors Courtney Kurkie and Lauren Schornak paced Canton's hitting attack with 10 and nine kills, respectively. Emma Clark chipped in five for the KLAA South Division champs.

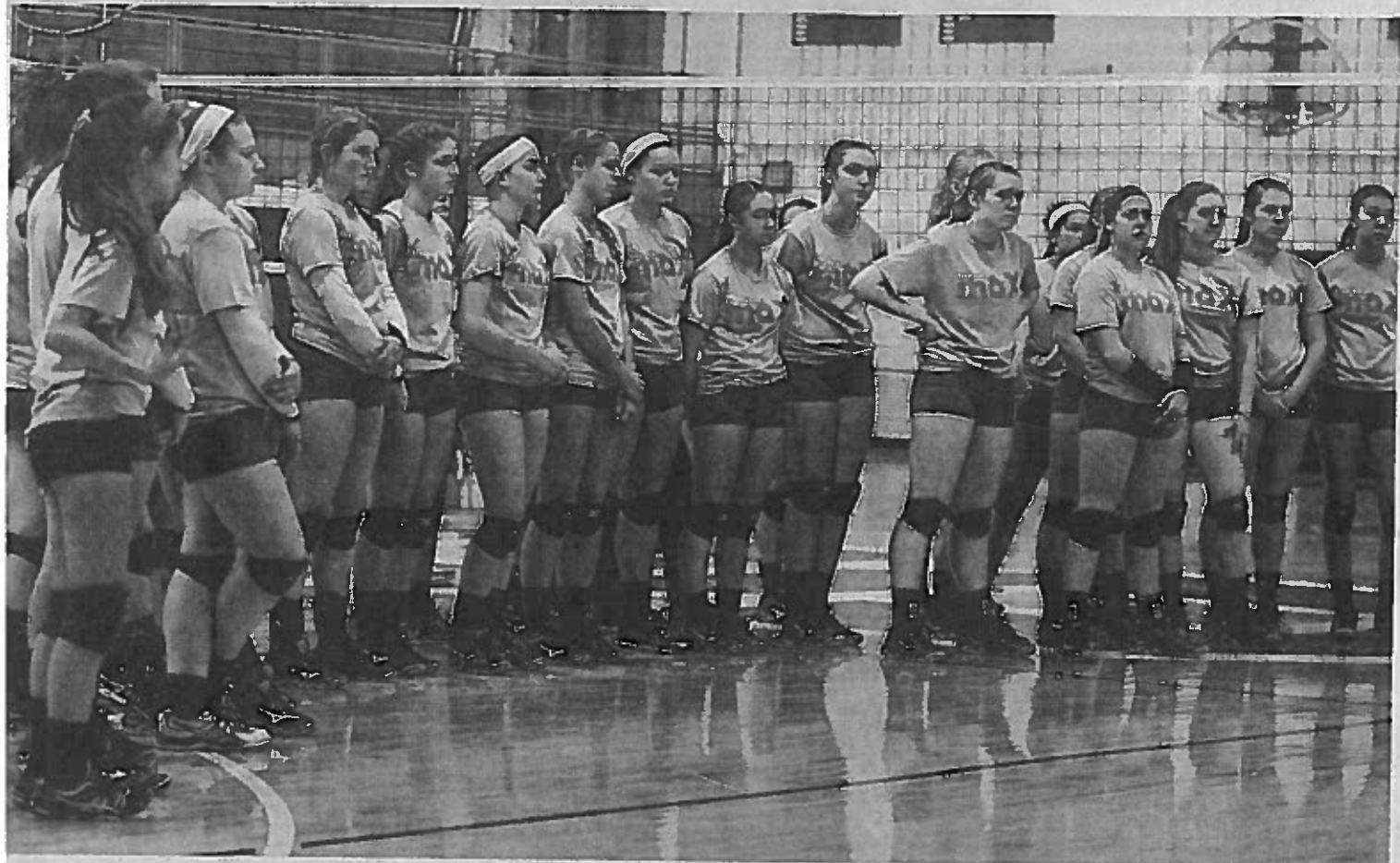
Meanwhile, setter Carleigh Vela collected 19 assists, while Alyssa Burke added seven. Haley Diedrick and Schornak each finished with eight digs.



JOHN HEIDER | STAFF PHOTOGRAPHER

Canton's Lauren Schornack (right) goes on the attack against Novi's Erin O'Leary in Tuesday's Kensington Conference final.

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JOHN KEMSKI | EXPRESS PHOTO

Salem volleyball players listen intently as John and Lisa Pardington introduce the Live Like Max Foundation.

## LIVE LIKE MAX

**Mission:** The Live Like Max Foundation has been launched by the family of the late Max Pardington, in partnership with William Beaumont Hospital in Royal Oak. It aims to raise money to help provide high school athletes and others with an echocardiogram during routine sports physicals.

**Max:** The 20-year-old Pardington, a 2012 alum of Orchard Lake St. Mary's who played varsity basketball there, died unexpectedly June 10 due to an enlarged heart.

**Stats:** Beaumont in 2007 started the Student Healthy Heart Check program. Since then, 10,308 adults ages 13-18 in Michigan have been screened; 175 required follow-up treatment with a cardiologist; four were found with hypertrophic cardiomyopathy, the most serious of all heart issues that the program is trying to detect. That was the cause of Max's death, according to findings of an autopsy.

**Help:** Write a check to the Live Like Max Foundation; like and follow LLMF on Facebook or visit [www.livelikemax.org](http://www.livelikemax.org). Every donation is 100-percent tax-deductible.

"In such a tragic time, all the pieces just kind of slowly came together. I think we all just knew we had to try and make something positive of something so negative. Now we have the Live Like Max Foundation."

Why there is a foundation in the first place still cuts the Pardingtons to the quick — an unbearable jolt of pain they hope to help others avoid.

On June 9, Max — a 2012 alum of Orchard Lake St. Mary's (where he played

varsity boys basketball) who had just completed his second year of studies at Michigan State University — finished working a shift pruning grapes at Black Star Farms in Traverse City.

He was living up north for the summer, to work at the vineyard and train on the beach for an Ironman competition slated to take place in August.

After his shift at work ended, Max embarked on another training session for

Ironman. But soon he called his mom complaining about a racing heart.

"I used to be a nurse," Lisa said. "So I said, 'Max, you worked all day outside. You need to stop working out, hydrate and, if your heart rate continues to race, you need to go to the clinic.'"

Max decided to go get some dinner and return to the Pardington family's summer home on West Traverse Bay for the night, thus foregoing stopping to see a doctor.

"He went to dinner, called and said, 'I'm just going to go home and go to bed,'" John said. "Well, he went home, he went to bed and he never woke up."

### Trust fund

According to an autopsy, Max's heart stopped beating due to an enlarged heart, known in medical terms as hypertrophic cardiomyopathy. Toxicology reports showed nothing but caffeine in his body.

"We wish we could have that night all over again, knowing what we know now," John said. "But what we have

left is to honor Max and that's what we'll spend the rest of our lives doing."

The Pardingtons intend to keep their collective foot on the gas pedal to publicize "Live Like Max" and continue generating money for the cause.

Plans are to hold a Beaumont Hospital community heart screening at Plymouth-Canton Educational Park in early 2015.

John said the family trusts that Beaumont will take the money and put it to good use.

"They know where the needs are, they have the resources," he said. "We decided our best focus was raising the money, turning it over to the most credible hospital we're aware of, which is Beaumont, and let them spend the money as they see fit because they're a world-class hospital."

"If we can save one person because of 'Live Like Max,' our family will stand tall and I know Max will be proud as well."

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