

#LiveLikeMax

By Maddie Bartek
Advertising Manager

Park students remembered their friend, Maxwell John Pardington, a Saint Mary's graduate and a student at Michigan State University, who unexpectedly passed away June 10.

Max suffered from moderate left ventricular myocardial hypertrophy and dilatation, or, in simpler terms, an enlarged heart. He left his mark on P-CEP by forming friendships with many Park students and alumni and attending school functions, such as sporting events and prom. Although the Pardington family was grieving his unexpected death, these Canton residents decided to take a stand by creating the Live Like Max Foundation in Max's honor.

The goal of the foundation is to provide healthy heart checks to all high school athletes. Max's brother, Jack, a junior at Greenhills School, said, "Max played four years of high school sports and had a physical every year, but he never had his heart checked there." He did not show any symptoms of heart issues, other than a racing heart only hours before his death, to indicate that anything was wrong.

Heart disease is one of the leading causes of death among Americans, but too many people are not proactive about testing their hearts for these issues. Jack said, "The long term goal of the Live Like Max Foundation is to eventually change Michigan laws to require healthy heart checks

at all sports physicals. If we can save just one family from the loss that we faced when Max passed, it would be a success."

There are numerous ways Park students can support this cause. First and foremost, get a healthy heart check, which involves getting an echo cardiogram. An enlarged heart, along with many other heart



Max Pardington

deficiencies, can be detected from this simple and quick procedure.

The Live Like Max Foundation is already planning an event at P-CEP, and all who attend will get a free healthy heart check. Another way to support the foundation is to buy the "LIVE LIKE MAX" t-shirts and wristbands, which are \$20 and \$5, respectively, and can be ordered from LiveLikeMax.org.

Kate Amin, Salem sophomore said, "Students need to get the

word out in any way they can. Even the small things help, such as wearing the wrist bands or shirts."

Saving the lives of high school athletes and spreading awareness about heart deficiencies isn't the only thing this foundation does. They also encourage everyone to live their life in a positive, loving light, as Max did. From going to the music festival Coachella at age 19, to training for an Iron Man, Max truly enjoyed every second of his life, and "lived more in his 20 years than most people do in a lifetime," said Jack.

"Max was funny, caring, and really loved his friends and family. I still remember hearing the piano and coming downstairs to see Max playing. He was truly the definition of a great guy and he is missed very much," said Amin.

To learn more about Max's story and future volunteer opportunities, follow "LiveLikeMaxFoundation" on Instagram and "_LiveLikeMax" on Twitter. You can donate to the foundation through "Live Like MAX" Facebook page.

"I'm glad the Pardingtons have such a good support system throughout Plymouth-Canton during this tragic time," said Holly Schultz, Canton senior.

The Live Like Max Foundation is a perfect example of how to make the best out of any situation. "If we can bring something positive out of something so negative that happened, we will be honoring his name," said Jack.