

Laura Posada

She's the wife of Jorge Posada, a lawyer, a model, a television star, a philanthropist, an author and a mom. And she's just getting started

By Michael Dolan
Photography by
Michele Civelli



L

Laura Posada never dreamed that her trip to the softball diamond as a teenager would end 10 years later with a diamond ring and a husband to be. Such is the role that fate has played in her life. “I first met my husband, Jorge, when I was 16,” she remembers. “I was playing in the game and he was the umpire. He heard me say that I didn’t have a glove to play, so he went to the car and lent me his.”

Laura didn’t think much of the exchange until 10 years later. Jorge, now a player for the Yankees, was back home in Puerto Rico when he turned on the television and saw Laura again. Later that night, Jorge walked into the club and saw Laura. Fate had intervened once again.

“My friend would keep trying to set me up with Jorge,” Laura remembers. “I really wasn’t interested in dating anyone at the time. I had just ended a relationship. And then my friend told me, ‘But Laura, he’s a baseball player!’

And that made me angry. It was as if I was supposed to date him no matter what, because he was an athlete.”

Laura finally gave Jorge a chance—on the racquetball court. After he showed he could hold his own athletically, he asked to take her out later that night. Soon, a romance developed. But there were other issues. “I didn’t want to just be a player’s wife, traveling from town to town,” Laura says. “I worked too hard on my education. I wasn’t going to let it go to waste sitting at home.”

Once Laura and Jorge got married, fate would also play a role in the birth of their first child. When Jorge Jr. was born, the Posadas discovered that he had been born with a condition called craniosynostosis. The condition causes the sutures in the skull of an infant to close prematurely, interfering with normal brain and skull growth.

“When we first found out, I cried a lot,” Laura recalls. “I just kept thinking that we were in such good physical condition, we took such good care of ourselves, how could this happen to us? But what I realized was that when you keep asking yourself ‘Why?’ you should really be asking ‘Why not?’”

Laura and Jorge made themselves experts on the condition. In the fall of 2000 they started The Jorge Posada Foundation to help children born with craniosynostosis and their families. “People think it is a rare condition, but one in 2,500 live births result in craniosynostosis. So often, it goes undiagnosed.”

Over the past 10 years, the Foundation has grown steadily. This year’s gala raised over \$1 million to help provide support for families, including mentors to families who were experiencing the condition for the first time. “Just being able to talk to someone who understands what you are going through makes a huge difference,” Laura says. “If we can provide that for people, we are making a difference immediately.”

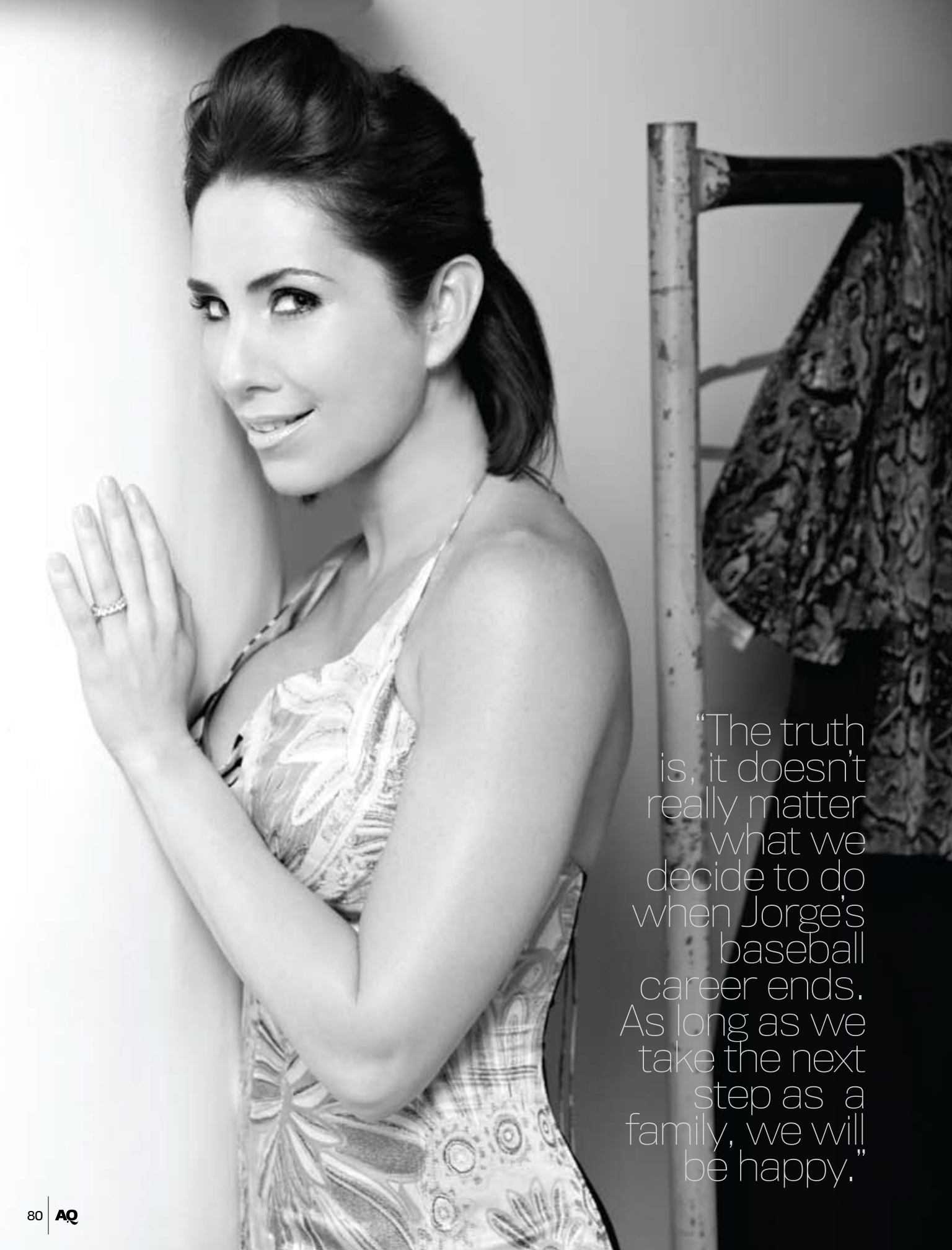
Laura is not stopping there. As a fitness model and wife of a professional athlete, she understands the importance of making healthy everyday choices. That is why she and Jorge co-wrote *Fit Home Team*. The book provides nutrition and fitness advice to busy families who so often fall into the convenience traps of inactivity and fast-food. “It doesn’t matter what you do,” Laura says. “You can be a professional athlete, a lawyer, a doctor, whatever. Your first job is being a parent. You have to make time for your kids and prioritize them. What they eat and what they do is all part of the choices you make. Your kids count on you to help them make those right choices.”

As Jorge Posada’s major league career begins to wind down, their family will have to make many more choices in the years to come. What will Jorge do after baseball? What will Laura do? Where will they live? Where will their children go to school? “We think about it all constantly,” Laura says. “But the truth is, it doesn’t really matter what we decide to do when Jorge’s baseball career ends. As long as we take the next step as a family, we’ll be happy.”

Even if it means doing nothing, Laura?

“No!” she says. “I will never do nothing. I’m not wired that way. But what will I do? Who knows what could be next? The sky’s the limit!”





“The truth is, it doesn’t really matter what we decide to do when Jorge’s baseball career ends. As long as we take the next step as a family, we will be happy.”

