



Laura Harris is a 3-time regional Emmy Award and Associated Press award-winning journalist who joined the NBC 5 team in September 2018. She can be seen co-anchoring NBC 5 Today weekday mornings from 4:30 a.m. to 7 a.m.

Some highlights of Laura's career at NBC 5 include covering the [Tokyo Olympics](#) in the summer of 2021. She also helped start the childhood literacy initiative at [NBC 5 Reading With You](#). It's an innovative program encouraging elementary-aged children to read at least one book a week throughout the summer to help combat summer learning loss, often referred to as the "summer slide."

She came to Dallas-Fort Worth from the ABC affiliate in Tampa, Florida where she covered President Barack Obama's visit to Cuba in 2016 and the Tampa Bay Rays while they played the Cuban National Team in Havana. She also covered Pope Francis' historic visit to Cuba in 2015.

On the political side, Laura's extensively covered both the Republican National Convention from Cleveland, Ohio, as well as the Democratic National Convention in Philadelphia in 2016.

She is on the board of New Friends New Life based in Dallas, a member of Alpha Kappa Alpha Sorority, Inc. and a graduate of Georgia Southern University, Summa cum Laude and a Division I soccer player for four years.

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