

Laura Harris Anchor, NBC 5



Laura Harris is a 3-time 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 5 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 and is headed to cover the Paris Olympics in 2024. 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. Some highlights of Laura's career at ABC Action News included covering President Barack Obama's visit to Cuba in 2016 and covering 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. Before moving to Tampa, Laura was a morning anchor at the ABC affiliate in Charleston, South Carolina.

She is a member of Alpha Kappa Alpha Sorority, Inc., honorary co-chair for the 2024 Literacy Achieves Wings of Spring Gala and a board member for New Friends New Life.

She and her husband Patrick, who is on the Board of Governors for the Dallas Symphony Orchestra, call Dallas home.