



Lauren Scala
Traffic Reporter

Lauren Scala is NBC 4 New York's weekday traffic reporter for "Today in New York." Scala delivers real-time, accurate road and rail traffic information for the 4:30 a.m. - 7 a.m. commute.

Scala, as part of NBC 4's continuing team-coverage of Hurricane Sandy, won a 2013 New York Emmy, and a 2014 National Emmy and Edward R. Murrow award.

Scala is an Emmy-nominated features reporter for NBC 4's weekday 12:30 p.m. lifestyle show "New York Live" where Scala spotlights the best places for food, fashion and events. Scala is also the host of "City Guide," a segment produced exclusively for New York City Taxi-cabs where passengers can see feature news, lifestyle, weather, sports and entertainment programming.

Scala joined NBC 4 New York in 2010 as host of NBC 4's live *Interactive Trivia Game*, a fast-paced contest where local viewers compete against one another on various topics by using their cell phones, computers, and touchscreen devices.

Scala was host of NBC 4's "*The Great American Health Challenge*," a 12-week program where participants, from the five boroughs, compete in a series of tasks that involved food, exercise and quitting smoking. The show was New York City's first ever local reality competition.

Scala took to the red carpet with the *New York Live* team to host an exclusive 60-minute live special look inside the 40th anniversary of *Saturday Night Live*. Lauren talked to fans about their favorite SNL stars and gave viewers an inside look at the show preparations in and around 30 Rock.

Scala is a graduate of Fordham University and holds a degree in Communications. Scala, who began her career at age 19, has a solid and diverse background in the entertainment industry that includes film, music, magazine and television. Scala has worked at J. Records, DreamWorks, MGM, and Paramount Pictures.

Scala was a contributor for *Time Out New York magazine*; and host for Time Out New York's On Demand Channel on Time Warner Cable. Scala was co-host of "City Scoop," a weekly news and entertainment segment for NYC Life (formerly NYC-TV) and a commentator on MTV.

Lauren prides herself as a local; she knows how to navigate New York to find the best that the Big Apple has to offer. Scala lives and, lives it up in Manhattan, rides the subway, and gets frustrated sitting in traffic ... just like everyone else!

Follow Lauren on Twitter @LaurenScala4NY or like her on Facebook at www.Facebook.com/LaurenScalaTV. For traffic updates follow @Traffic4NY