

## AZ Insider:What's Next on Teresa Strasser's List?

Written by Written by Kathy Shayna Shocket

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**Kathy Shayna Shocket has the inside view on the stories that make headlines.**



### Behind the scenes of juggling work and family.

Oh that delicate balance of juggling work and family! Especially in today's world when women can be triumphant in the workplace and it's not uncommon for moms to struggle with the guilt of enjoying their jobs. Reflecting the perils of this juggling act is **Teresa Strasser**, co-host of the "The List." She recently quit her full time job - - YES- to spend more time with family. Not an easy choice by any means for this married mother of two boys, ages 4 and 7. (And thanks **Efrain Robles** for the photo above.)

Teresa's dilemma, like many working parents, (man or woman), presented her with the growing guilt of wanting to pick up her kids from school, volunteer in their classrooms and accompany them on school field trips, etc.

"I needed to "lean out," but it was a very tough decision," she says. Tough indeed because she helped launch and co-hosted Scripps TV's pop-culture show for four years (and to Scripps' credit they hired her when she was seven months pregnant.)

Teresa admits, "It was such an agonizing choice to leave (just ask any of my friends, my therapist, my dad or anyone else I annoyed over-talking it.") The added pressure of grieving over the loss of her mother and brother to cancer were also factors in her decision to leave.

But her journey to work part time and freelance has become the "perfect compromise." Scripps expanded the show's footprint in markets other than Scripps-owned channels and added a weekend edition. Enter a new chapter for Teresa!



"About a month after I left, Scripps asked me back part-time for the new weekend version of the show. I couldn't be happier. It's a perfect way for me to keep doing this show that I love, while still being able to write and to mom, two things I felt called to do. I still pick up my kids from school four days a week, but I get to work in TV."

"I knew it was the right choice, and that I wouldn't regret spending more time with my kids, but I really missed it." So now Teresa has several freelance jobs including freelance writing and her role as Best Western's Family Travel Insider for which her husband and children also pack their bags and star in the travel videos.

"It's working out in a blissful way," she adds. "I can write. I can mom. I can do a little TV. I still get to bust out the false eyelashes, but I'm also playing much more backyard whiffle ball."

I could write a book on Teresa's story, but then again, she's written a book! Yes, from being on TLC's "While You Were Out," writing for Comedy Central's "Win **Ben Stein's** Money;" to landing as a co-host on the **Adam Carolla** show! And then there's her book "Exploiting My Baby" a comedic look at pregnancy and made the Los Angeles Times bestseller list.

FYI, The List Weekend is currently run by three women, all moms (including former award winning journalist, now Scripps VP of Programming, **Cater Lee**.) "They are all women I admire," says Teresa.

"Doing the weekend show allows me to stay in television, and I consider that a miracle. I mean, let's face it, I still have my original nose, boobs and lips. And I've turned 29 over ten times now, So I'm grateful anyone wants to put me on camera at all. "

Congratulations Teresa.



**Kathy Shayna Shocket** is a freelance Writer, and TV- Field Producer based in Phoenix, AZ. The former **TV-Reporter** has written for

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