

INSIDE.



JOSIE BISSETT

THE GIRL NEXT DOOR

On Motherhood, Beauty & Why Bellevue's Better Than Melrose Place

A typical day in the life of actress Josie Bissett involves more carpools than red carpets, more peanut butter sandwiches than paparazzi and more rainy Northwest days than California sunshine — and she wouldn't want it any other way. >>

BY LISA PATTERSON | PHOTOS BY RODRIGO DEMEDEIROS



Josie's Favorite Beauty Products

Josie's skin and eyes glow. She doesn't look at all like she's nearing her 40th birthday. She represents the Murad skincare line because she loves it. Here are some of her favorite beauty products:

- Murad Resurgence age-defusing serum.
- Murad Vitamin C SPF 30 for face
- Retin-A Micro Gel
- Coconut Oil (for cooking and a body moisturizer!)
- Moroccan Oil hair conditioner
- Murad Pomegranate lip protector
- OPI Avoplex Cuticle Oil to-go

<< Days with her kids Mason, 9, and Maya, 6, usually go something like this:

"Breakfast, school, sports, navigating how to get them to two different places at the same time, homework, make dinner, make lunches and lastly, my favorite time with them, relaxing together before bed," Josie said.

And after they finally fall asleep, her mind is still racing.

"I lay there and think about the day," she said. "Was I a good enough mom today? What's up with Maya's sassy pants attitude this week and what do I do about it? Is Mason's cough normal or could it be something more serious? Did I forget anything? Piano lesson, check! Did I refrain from hugging my son at school because he no longer allows it? Check! Whew, off to sleep and then up for more of the same tomorrow!"

Josie is so down-to-earth, friendly and genuine it would be

easy to forget you're talking to a famous model and actress if she wasn't so mesmerizingly stunning. Perhaps best known for her role as complicated Jane Andrews Mancini on "Melrose Place" and now as mom Kathleen Bowman on the hit show "The Secret Life of The American Teenager," Josie doesn't have a bit of diva in her.

She really is like the girl next door, figuratively and literally. She grew up in Kent with two supportive parents and a huge extended family of aunts, uncles and cousins. "My favorite summer memory is inner-tubing down the Snoqualmie River. My grandma had a cabin on the river and we would spend summer days picking blackberries and floating down the river with my cousins," she said.

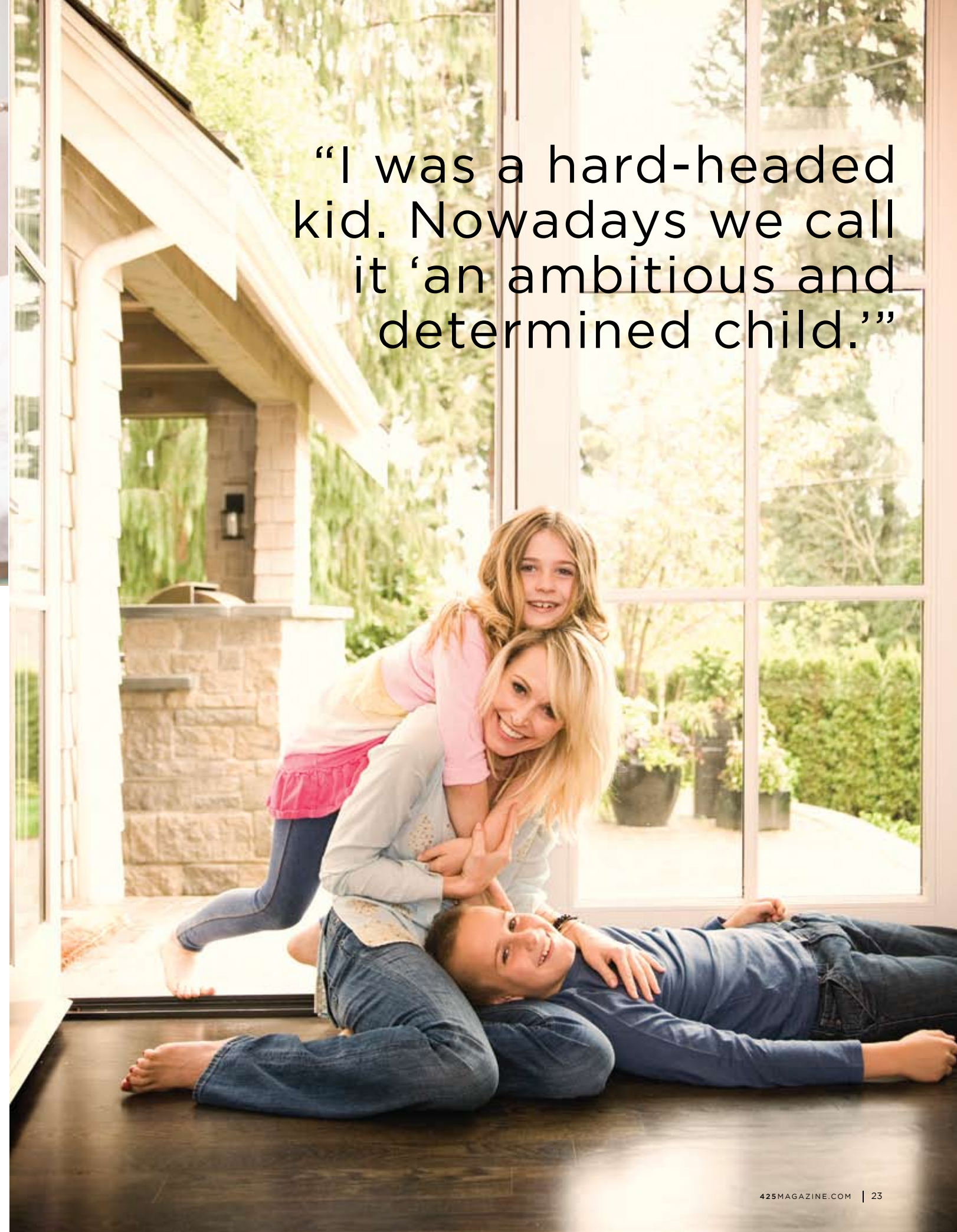
When Josie turned 13, she enrolled in a modeling school in Seattle that also focused on fashion and acting. She wanted to be a fashion designer, but soon was the one in front of the camera modeling the clothes. When she was 16, she was asked by the agency if she wanted to go work in Japan. "I was a hard-headed kid. Nowadays we call it 'an ambitious and determined child,'" she said. "I convinced my parents and teachers into letting me go and that was essentially the beginning of my career in the entertainment industry." After Japan she headed to L.A. and her acting career began.

While in L.A., she met and married actor Rob Estes, who also had worked on Melrose Place and currently is playing dad Harry Mills on "Beverly Hills 90210." They were married for 13 years. Even though they split, they share custody of their children and choose to make their homes in Bellevue.

"I think the Northwest is one of the most beautiful places in the world," Josie said. "We get mountains, water, four mild seasons and an amazing city with great restaurants and culture. I lived in L.A. for 16 years and the sun shines about every day there. I know that might sound like heaven to some people, but

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"I was a hard-headed kid. Nowadays we call it 'an ambitious and determined child.'"





Staying Fit

"My job is in front of a camera, so I have to take care of myself if I want to keep working," she said. She mixes up her workout schedule to include weight training, yoga and her new favorite find, The Bar Method (thebarmethod.com). She eats several small meals throughout the day and doesn't diet because when she deprives herself, she ends up eating "everything in sight." She gets energy from ZippFizz, a locally made, natural vitamin-packed powder she adds to her water. More advice: "Wear sunscreen rain or shine, drink tons of water, take supplements, use quality skincare products and use a topical retinol on (your) face."



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- George Eide of Renewal Remodels and Additions.

<< I missed the fall and winter so much.

"Many traditions and memories are based around the seasons; I wanted my kids to experience that." They chose the Eastside specifically because of the great schools and strong sense of community, she added.

Making It Work

Josie gave birth to Mason about five months after her seven-year career on "Melrose Place" came to an end. She became interested in another art — writing. "I really began a new chapter in my life," she said. "I wanted to be home with my kids but still have a creative outlet. Writing allowed for that and I find it to be incredibly fulfilling."

Her first book, "Little Bits of Wisdom," was inspired when she began enrolling "myself and my adorable gassy little newborn into all sorts of mommy-and-me groups in search for some 'What do I do now?' conversations," she said. "I quickly realized the power of parents sharing advice and wisdom with other parents." The book is a collection of "tried and true" parenting tips she collected from real parents around the world.

Her second inspirational parenting book,

"Making Memories," is what she wrote after asking parents around the world to share wonderful memories they created with their children and how they did it.

Her newest book, "Tickle Monster," is for kids and parents. It happened by accident when she was tickling her son when he was two. "The story just kinda flew out of my mouth," she said. "After putting him to sleep, I quickly wrote it down so I wouldn't forget!"

"Tickle Monster" is an interactive book that involves a fun story line that prompts parents to tickle their child. It's packaged in a colorful box complete with furry blue monster mitts that are, of course, fingerless. The book has been so successful she's hard at work on another, "Boogie Monster," that will come with dazzling dancing slippers and a CD, and a cookbook she's writing with Chef Danny Boome called "Munchie Monster" that will get kids excited about nutrition. It will come with fun kid-sized kitchen tools.

When she goes into writing mode, she likes to hole up in a hotel. "Otherwise I seem to find a million distractions and at the end of the day all I've accomplished is making a lot of coffee and catching up with people's lives on Facebook," she said. >>

The Power of "N" and "O"

"The secret to my success is ignoring the word 'no' when someone says it can't be done. And saying the word 'no' when work is offered that conflicts with time with my kids."

<< Currently, she's working on the third season of "The Secret Life of the American Teenager," which involves flying to L.A. to tape it. She's really enjoying playing a mom and working with the kids on the set.

Josie schedules her work when the kids are with their dad. The people she works with understand that her kids come first and they work around her mom duties.

"I don't like missing out on any time with them," she said. All her scenes on "The Secret Life" are compiled into one day, so she's able to fly home at night and tuck her kids into bed — sometimes wearing furry blue monster mitts. 🐼

Josie Fills in the Blanks

Tressort B&B in Oregon or Riversbend Lodge in Montana are my favorite places to take the kids.

Flowers on my doorstep make me weak in the knees.

I always have coconut water, vitamins, vanilla coffeecreamer, Zipfizz, manchego, eggs, tortillas, ground turkey and energy bars stocked in my refrigerator and cabinets.

Most people don't know that I wish could roller skate everywhere and own a monkey.

My all time favorite acting role was when I played as a guest star of an episode of Doogie Howser because I played four completely different characters in one episode.

When I'm feeling blue being with my family or good friends and a really good glass of red wine always cheers me up.

I love to play board games with my kids but I have to beg them these days.

Taking a nap in the middle of the day is my guilty pleasure.

Bella, the family's goldendoodle puppy.

Hair by Kyle DeToure, and makeup by Erin Kantar of Sorella Salon and Spa, sorellasaloon.com
Home interior design by Nichole Jacobson of Jacobson Interior Design, Bellevue. [Details: jacobsoninterior.com](http://jacobsoninterior.com)



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