

Model Insights by Clark Bartram

I like things that move!” exclaims Matthew “Jett” Schaefer, the guy on this month’s cover. “Planes, motorcycles, cars...I was about 20 when I realized the roads I grew up on were not a part of the Daytona Speedway.”

All kidding aside, Jett really does like life in the fast lane. Already this year, he has completed 3 movies and a TV pilot – playing a variety of roles from a night club bad boy to a suave 007-type- not to mention numerous national commercials, modeling jobs and Captain’s duties running regular and emergency air charter flights.

The ATP-certified commercial pilot has been able to find time for two of his life’s greatest passions:

“Aviation is my right arm and the entertainment is my left and both of those things make the guy in the middle,” he says. In fact you will be seeing Jett flying more and more aircraft across movie and TV screens in the future.

I intend to make it big and buy my own jet some-day...It’s just a matter of time,” he says of his long term plans. “I’m fighting to achieve my dreams now so I can live the simple life one day and give back to others. It may be hard to believe, but the people who inspire me the most are the quiet people who just pitch in and make America what it is and always has been- the best example of freedom in the world.”

I talked to Jett during some rare downtime about the whirlwind that is his current life.

On Earning his Wings

“My father was a senior Captain with US Airways. When I was a little boy, he owned a Cessna 182. My fingers first held the yoke in that plane while I was still sitting on pillows so I could see out the windows. You can imagine how happy Captain Dad was when his son announced he was following in his footsteps!”

UP, UP and Away!

“I went to flight school and worked my way up the pilot certificate rankings. I had the greatest time flying with my Dad and at flight school. I learned a lot of “old school ways” because there were so many retired and working airline pilots around all the time. Nowadays, big-money schools just take your dough and shuffle you through faster than the speed of light. I believe people don’t really get to appreciate the fun in flying as much.

“Today, I fly everything from little planes to corporate jets. I fly charter as an air ambulance so if someone gets hurt and needs to get to a hospital fast and travel a great distance, I can get them and bring them to safety. I fly regular charter, as well.

“Someday, if you charter a plane to Vegas for the weekend, take a look in the cockpit because I might be your Captain.”

The Wild Blue Yonder

“I had the best experiences of my life flying late night charter at the beaver county airport (Beaver Falls, Pennsylvania), where I learned to fly. We’d run parts in a twin engine piper Navajo Chieftain (a 200-mph plane) stripped of seats. We flew as a two-pilot crew and New York, Chicago or Charlotte would be regular runs for us, so we flew where all the big boys were all the time. Stress? Yes, at times there was a lot of it. You think you’re really cool until you fly into O’Hare at rush hour in your little “piston popper” doing 320

knots less than everyone else, while its pouring rain and your main wiper just broke so you have to dangle your arm out the storm window trying to wipe off a clear spot you can pretend to see where you are going, while trying to avoid the construction and remember which of the taxi ways were closed!!!

“This is all just a scenario I’M making up, but I imagine a lot of charter guys have mild stories like this (wink wink).”

Some Vacation

A trip to Miami’s trendy South Beach with my best friend Joe Divosevic literally changed my life. It was no big deal, just a getaway with a bro to hang out in a hot place with hot people and hot times...rock and roll baby! One morning we were having breakfast with some friends.

One of the guys was a model and he said that he had to stop in the agency. He asked if anyone wanted to tag along and it didn’t take NASA to figure out that modeling agency equals hot models running around equals me there! I went with the guy and before I knew it an agent approached me to take pictures! I was like “no way dude” I’m on Vacation ...and besides I’m a pilot not a model. Out the door I went.

“The next day, the agent saw me by chance and after relentless lecturing I caved in, figuring, “what the heck- a few hours to take some shots...why not?” the next morning, I took a few hundred shots (at no cost to me) and that was it. The following day I had a message waiting for me on the hotel phone from the agent, asking me to call him right away.

“Turns out Gianni Versace saw my pictures and wanted to know if I was available to do a runway show at his store in Miami. I really didn’t want to waste my time on vacation walking around in clothes I had no idea about, but the agent convinced me to do it when he told me that the gig would basically pay for my entire trip.

“On top of that, Gianni Versace surprised me with a 2500.00 suit. He gave me my start and we became friends. I was very upset when he died. Gianni Versace was one of the most generous people I have ever met.

Pinch me Pinch me!

“After I went back home, agents pursued me and the TV show “Hard Copy” featured me in a piece about up and coming stars of the future. My head was spinning. Big Time? Model? What?

I wanted to make sure all this was for real, so I did a model search called the IMSI in Chicago and was called back by 23 agencies. That led to a move to New York where my very first print modeling job was with Cindy Crawford!

“I did the VH-1 Fashion awards and walked the runway right there in Madison Square Garden and also did a live performance with En Vogue. Now I am Los Angeles pursuing an acting career. I’ve also produced and directed and I still fly for fun every chance I get, along with maintaining captain status in the charter field.”

Hard Gainer

When I started lifting weights 12 years ago I weighed 160, which is light for someone who is six three and a half. It's hard when you're skinny and tall to put on mass and size, but for the FitnessRX shoot I came in at 204.

"Every May, I get ready for a heavy training routine that takes me through June, July and August. I increase my protein to 300 – 400 grams a day and my workouts can last from 2 – 4 hours each.

"I do power lifting and body building style training-dead lifts, squats and bench presses for size and strength plus lots of sculpting movements. My routine is strict and intense- my body has several law suits pending against me for abuse, both mental and physical!"

Ripped on Demand

"My diet is very costly and bland when I have a big shoot or film coming up. I'm eating on a timer and everything is calculated. My body is science project and I know what I need to do to come in shredded for a job, or what ever is called for. I can even control how vascular I get for a shoot.

"I maintain an everyday look that is always in shape and if you need me to be really ripped I can do it in a few days but prefer a week's notice."

Sunday is fun day

"Normally, Monday through Saturday I eat very clean, with no heavy carbs, breads, pasta, sugars and foods like that are out. I concentrate on high protein. A typical meal would be grilled chicken with veggies or fish with a salad. However, on Sundays look out! You know how some people have a sweet tooth? Well I have a whole set of them!

"Sunday is the holy day all right and on that day, for being good all week, God sends me a visit from his saints: Ben, Jerry and Haagen Dazs! I look forward to Sundays. I hit the gym for light cardio warm up and do abs. When I'm done I treat myself at one of my favorite restaurants for steak scramble egg whites, with a side of banana chocolate chip multi grain pancakes. Then I play beach volleyball all day and share margaritas and a killer dinner with friends. After wards I sit back and eat a whole pound of peanut butter M&M's as well as everything that reese's ever made, along with my ice cream. I mean it is a great day! But, at the stroke of midnight, its hands off everything, because it is now Monday and I am right back on the diet-and I feel great!

Flying Solo

"I'm currently single, My Philosophy overall is that I am here now so take it to the max. Push the envelope and never settle. If I find the right girl, that'll be great."

Friends and favors

"A lot of people have been super supportive of my career and for that I am eternally grateful.

"The biggest thanks got out to my parents, Captain Larry and Sharron Schaefer. With out their love, I couldn't have achieved as much as I have. I also want to thank my friends who

helped organize this special airport shoot for this magazine. Big special thanks go out to Ray Grimmett and Dave Parsons of Rainbow Air at the Long Beach Airport and also to Bill Gibson, Jerry Lewis and the entire maintenance staff for making the aircraft look so great. Gold's Gym in Venice California... 'The Mecca!' thanks for supporting my career and helping me get muscles."

You Can Take the Boy Out of the Town

"I grew up north of Pittsburgh in the village of Sewickley, Pennsylvania, with my parents and sister Keely. I've been fortunate that my career has taken me to big cities like New York, Milan and Los Angeles, but I'm glad I had a small town upbringing. Other wise I would really be out of control!"