Dr. Justin Benoit, 37, is assistant professor of emergency medicine at the University of Cincinnati College of Medicine.

**What was your first job?** I was a waiter at a small restaurant outside my hometown of Poolesville, Md. I use those “people skills” every day in the Emergency Department.

**What do you wish you had known in college?** What I wanted to do with my life. Only after college, when I started volunteering as a firefighter/emergency medical technician, did I figure that out.

**How do you think your co-workers would describe you?** Energetic, diligent and nerdy.

**Best book you’ve ever read?** The best play I’ve ever read is “The Glass Menagerie” by Tennessee Williams. I’m not big on novels.

**Simplest thing you never learned to do?** I’m terrible at drawing. My 4-year-old is a better artist.

**If you could trade jobs with anyone for a day, who would it be and why?** Alec Baldwin. As an actor, he’s had it all: TV, movies, Broadway, SNL, comedy, drama ...

**How do you like to start your day?** Coffee! Maybe a jog if I’m in the mood.

**What do you think is Cincinnati’s best-kept secret?** The Cincinnati ArtsPass. My wife and I use it all the time. Cincinnati has a great performing arts scene.

**What’s the best advice you’ve ever received?** “Work hard in rehearsal. Let go during the performance.” My parents taught me that for piano, but it’s applicable to almost everything in life.

**What’s one luxury that’s always worth the splurge?** A 12-ounce medium rare Steak Collinsworth at Jeff Ruby’s.
What would you say is your hidden talent? Juggling. I learned it as a form of stress relief in college. I can do a mean “Rubenstein’s Revenge.”

What local company do you most admire and why? The Know Theatre, because they are fearless. Their production of “Bloody Bloody Andrew Jackson” was bold and dynamic.


Most recent thing you’ve crossed off your bucket list? Disney World. Seriously, it took me 37 years to get there! Having two daughters is a great excuse.

You know it’s going to be a good day when ... I get to spend the entire day doing clinical research. What can I say? Sudden cardiac arrest is my passion, and I truly enjoy that part of my job.

What do you always have in your refrigerator? Not much. My wife is also a physician, so we eat out a lot. It’s kind of embarrassing.

Is there something people might be surprised to learn about you? I was a professional actor before going to medical school. My parents are both musicians, so I grew up performing. I miss acting, but it’s a rough career choice. Although, if “General Hospital” has an open casting call, my mom will demand I audition.

Nikki Kingery
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