

THE RIVER REVIEW

February 2018

Volume 12, Issue 2

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE



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Let's Meet the Brown Family



Please join us in saying hello to Heidi Brown, her son John, a daughter Audra and a younger daughter Katherine. Cali, their 5 year old Shih Tzu, is also a valued family member. Heidi works as an Architect for Pfluger Associates here in the Austin area and also does residential design on the side. (Feel free to contact her

at 512-826-4652 if you are planning a home modification or addition and need a designer.)

John, age 13, attends Four Points Middle School. Katherine, age 17, currently attends Vandegrift High School but, beginning next fall, plans to attend Embry-Riddle Aeronautical University studying aerospace engineering. Needless to say, it's obvious that education is highly valued in this family as Heidi's daughter Audra, age 22, is scheduled to graduate from University of Colorado, Boulder this coming May with a degree in biochemical engineering. How impressive is that!

The family has lived in River Place a combined total of 18 years having recently lived for two years at Alicante Townhomes. Currently living on China Garden Drive, Heidi explains that they missed their old neighborhood and wanted to return to reconnect with friends and enjoy the scenery and comforts of River Place.

They also feel that River Place is simply a great place to live because of the good schools, the fun parks and trails and the fitness opportunities which, along with the friendly neighbors, make it a wonderful place for younger folks.

As hobbies and activities go, they enjoy a variety of things. Heidi likes to read, cook and do puzzles. Katherine is a student of American Sign Language (ASL) and is into video games. John plays tuba in the middle school band, also plays video games and has recently become enthralled with virtual reality. Audra spends most of her time developing and working on her on line bath-and-body company. Heidi, Katherine and Audra all enjoy running and cross-fit or the gym to stay fit. John enjoys Vipers Lacrosse.

I think we all agree that it's very nice to have this multi-talented family back with us here in River Place! Don't hesitate to say hello if you run into them around the neighborhood.

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845
Hudson Bend Fire and EMS	
Emergencies	512-266-1775
Information	512-266-2533

SCHOOLS

Leander ISD.....	512-570-0000
Cedar Park High School.....	512-570-1200
Vandegrift High School.....	512-570-2300
Four Points Middle School.....	512-570-3700
River Place Elementary.....	512-570-6900

UTILITIES

River Place MUD.....	512-246-0498
City of Austin Electric	512-494-9400
Texas Gas Service	
Custom Service	1-800-700-2443
Emergencies	512-370-8609
Call Before You Dig	512-472-2822

AT&T

New Service	1-800-464-7928
Repair	1-800-246-8464
Billing	1-800-858-7928

Time Warner Cable

Customer Service	512-485-5555
Repairs	512-485-5080
IESI (Trash).....	512-282-3508

OTHER NUMBERS

River Place Postal Office	512-345-9739
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ARTICLE INFO

The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the River Review please email it to riverreview@peelinc.com. The deadline is the 15th of the month prior to the issue.

In And Around River Place

URGENT REQUEST - CHAMPION TRACT (APARTMENT COMPLEX) ISSUE:

Scott Crosby, on behalf of the River Place Homeowners Association, is making a special request as follows, regarding the apartment complex planned for 2222 and City Park Road:

“No excuse – you need to write and email to our City Council Representative Jimmy Flannigan! Take five minutes to write Mr. Flannigan in support of your HOA’s opposition to the waivers currently granted on Champion’s Tract 3 (the proposed Apartment Project at 2222 and City Park Road). Last week the Environmental Commission found that the proposed project is not “environmentally superior” to what could be developed under existing zoning. This gives us a good chance to reverse a City Council decision that granted additional waivers to this project. Our Council Representative Jimmy Flannigan was not in office when then the original decision was made, may well be the deciding vote and has publicly stated that he is reluctant to vote to change a previous City Council decision. That is why we need you to email him and tell him you support the River Place HOA’s opposition to the waivers, that you expect him ignore the previous City Council decision and vote based on the decision of the Environmental Decision and finally that the City Council’s failure to reconsider the zoning on this property does not justify a decision to reaffirm the waivers. Please address your emails to Jimmy.Flannigan@austintexas.gov with copies to his chief of staff Taylor.smith@austintexas.gov and me, Scrosby1@austin.rr.com. “

EMERGENCY CLINIC “FACILITIES” FEE:

Numerous concerns are being expressed by River Place residents about a ‘facilities fee’ in the approximate range of \$400 that’s being charged by the Baylor, Scott & White emergency clinic that replaced Vik Medical, located at the front of River Place. Some others have said they were not charged the fee and still others complained of simply high fees.

FastMed Urgent Care, also located at the front of the sub, received some positive remarks so perhaps, until pricing matters get settled, they might be the better choice unless you have good information on what’s going on. We certainly don’t want to lose any neighborhood services though so any further commentary on this matter, especially BS&W, will be greatly appreciated.

LIMITED DISTRICT UPDATE:

As yet another reminder, going forward the Limited District (LD) will be operating and maintaining our parks and trails just as the River Place Municipal Utility District (MUD) did over the last 14 years. This responsibility was transferred to the LD on December 15, 2017.

Along with this service, the Limited District will be providing our solid waste services for an approximate monthly cost of \$14.60. This is an excellent price as it can be much more expensive in other Austin

areas. Fees for both of these services are included in our property taxes.

The last transition component is the LD ratification vote to be held May 2018, determining whether the Limited District will continue or the above services come under the oversight of the City of Austin. Obviously, how River Place residents vote will be extremely important – it will take a majority vote of residents to ratify the continuance of the Limited District. Otherwise, it will be dissolved.

There will be a public meeting on matters pertaining to this transition. It will most likely take place in March or April. And please don’t forget to vote in May!

NEIGHBORHOOD IMPROVEMENTS:

Next time you have a few minutes, take a little time to stop and see the newly renovated Gazebo at Sun Tree Park. Other neighborhoods should be so lucky to have the beautiful parks we have in River Place. Down at Woodlands Park, over the bridge in the Panther Hollow section, a 700 year old oak tree lost a large limb during a recent storm. Thanks to Doug Moreland, a local area chainsaw woodcarver, that branch was creatively carved into benches making up a sitting area. Beautification of our parks and trails is an important feature of River Place living that we can certainly all appreciate!

RENAMING THE WATER TREATMENT PLANT ON RR620:

Apparently some River Place residents are interested in helping to rename Water Treatment Plant 4, located at 6800 RR620. We received a letter recently from Austin Water, City of Austin, explaining that the plant is to be renamed and can be named after an individual or something such as a place or a natural feature. Ideas anyone?

Joe Binns of River Place has suggested the plant be named Four Points Water Treatment Plant. This sounds good to us. If you have a suggestion, submit your nomination by email to Public.Works@austintexas.gov or by mail to:

Public Works Dept., Attn: Sandra Soler, 505 Barton Springs Rd., Austin 78704

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River Place (Maybe Not So) Clever Quips of the Month

"I finally figured out what I want to be when I get older: Younger."

"If a man says he'll fix it, he will! There's no need to remind him every month."

What do I remember from drive-in movies? – C'mon, man, open the trunk!"

"One of my biggest fears is that I'll marry into a family that runs 5Ks on Sundays."

Mark Twain said, "Golf is a good walk spoiled."

"If you binge watch while binge eating, they cancel each other out. That's science. You're welcome."

"The only thing flat-earththers fear is sphere itself."

"Wow, its 2018! I can't believe it's been a whole year since I didn't become a better person."

"I started out with nothing, and still have most of it. – Michael Davis"

"Talent wins games, but teamwork and intelligence win championships. – Michael Jordan"

"The moral arch of the universe is long, but it bends toward justice. –Martin Luther King"



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The Great Truths of Life

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

1. No matter how hard you try, you can't baptize cats.
2. When your Mom is mad at your Dad, don't let her brush your hair.
3. If your sister hits you, don't hit her back. They always catch the second person.
4. Never ask your 3-year old brother to hold a tomato.
5. You can't trust dogs to watch your food.
6. Don't sneeze when someone is cutting your hair.
7. Never hold a Dust-Buster and a cat at the same time.
8. You can't hide a piece of broccoli in a glass of milk.
9. Don't wear polka-dot underwear under white shorts.
10. The best place to be when you're sad is Grandma's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

1. Raising teenagers is like nailing Jell-O to a tree.
2. Wrinkles don't hurt.
3. Families are like fudge...mostly sweet, with a few nuts.
4. Today's mighty oak is just yesterday's nut that held its ground.
5. Laughing is good exercise. It's like jogging on the inside.

6. Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLDER:

1. Growing old is mandatory; growing up is optional.
2. Forget the health food. I need all the preservatives I can get.
3. When you fall down, you wonder what else you can do while you're down there.
4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
5. It's frustrating when you know all the answers but nobody asks you questions.
6. Time may be a great healer, but it's a lousy beautician.
7. Wisdom comes with age, but sometimes age comes alone.
8. A fun thing about getting older is you can severely injure yourself by sleeping.

THE FOUR STAGES OF LIFE:

1. You believe in Santa Claus.
2. You don't believe in Santa Claus.
3. You are Santa Claus.
4. You look like Santa Claus.



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HOMEOWNER'S CORNER

Seasonal Home Maintenance & Precautions Checklist

Your home is an investment that requires ongoing maintenance to stay in tiptop shape. If you neglect annual and quarterly tasks, however, you risk overlooking potential issues that could lead to expensive repairs down the road. Stay on top of preventive maintenance tasks with a seasonal checklist and the reminders below.

Winter -- To prevent pipes from bursting, drain and insulate exposed outdoor pipes and leave the water dripping inside on cold nights. Wrapping outdoor faucets with a small towel and some tape or covering them with a polystyrene cover (Home Depot sells them) can keep them from freezing up. Sticking a wine cork into the faucet can keep cold air out of the faucet and pipes. On very cold nights, leave open the cabinet doors below your kitchen and bathroom sinks on outside walls. Also, if you have one, check your boiler's water level every now and again to make sure it doesn't get too low.

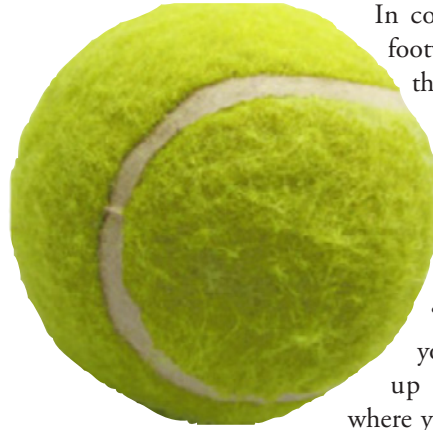
Spring -- Winter can leave a layer of grit on your home's exterior. Get it ready for spring by cleaning windows, doors and siding with a garden hose or power washer. Patios and driveways are quickly spruced up with the aid of a power washer. If your home is brick or stone, mold may cause discoloring that a power washer can easily remove. Did I mention how handy a power washer can be? And while the weather is mild, have your HVAC systems serviced by a professional to keep them running at optimal efficiency. Believe me, the middle of summer is not a good time to have your AC go out. Turn on and/or adjust sprinkler system time periods.

Summer -- Inspect your sprinkler system for clogs or malfunctioning heads. Keep an eye out for damaged pipes or pooling water to avoid a larger issue. Review or establish your family emergency plan and restock your disaster supply kit if necessary. This is the best time to paint your home's gutters and trim, especially those you can easily get to. Patching driveway and other concrete cracks is easily accomplished during summer months, improving the appearance and safety of your dwelling.

Fall -- Get ahead of winter by having your chimney professionally inspected and cleaned. To avoid having to get up in the middle of the night, change your ceiling fire alarm batteries annually, especially those higher up ones requiring a step ladder to get to. Don't forget about your carbon monoxide detector batteries as well. And keep your gutters clear of leaves and debris to protect your roof and foundation. Adjust or turn off sprinkler systems to save water costs which are quite expensive in River Place.

Though this may seem like a lot, these are just a few maintenance items to stay on top of around the house. Keep up with all of your annual, monthly and seasonal to-do's to preserve the value of your home and avoid potential headaches down the line. You'll be glad you did! (Courtesy of Diane Bennett, RE/MAX Capital City)

TENNIS TIP OF THE MONTH: Part II Developing Good Footwork



In continuing to discuss good footwork, we need to talk about the open stance. Whether one uses a partial open stance like Kyrgios or completely open like Nadal, the aspects are essentially the same. We should think of the variations in stances as "situational." When the ball you're about to hit is coming up the middle of the court where you have plenty of time, go ahead and use the closed stance. It provides power and accuracy as you step into the shot. As balls come more toward the sideline rather than at you, open up the stance. This allows you to take fewer steps to get to the shot plus it puts your legs and body in position to recover and get to the next shot. How do we do that?

Tennis Tip: In moving to hit the wider forehand shot, begin with the split step and make your move to the sideline, taking the racquet back in preparation. But rather than taking that last across or forward step to plant a foot out front, you swing the back foot around to the outside and load up your weight on that foot-the one now closest to the sideline. This opening of the legs allows you to naturally bend or squat down a bit which becomes an important source of power as you explode upward and into the shot. In addition, as your weight is now on that outside leg because you've "squared up," you can recover more quickly and move back toward the center of the court for the next shot, conserving your time.

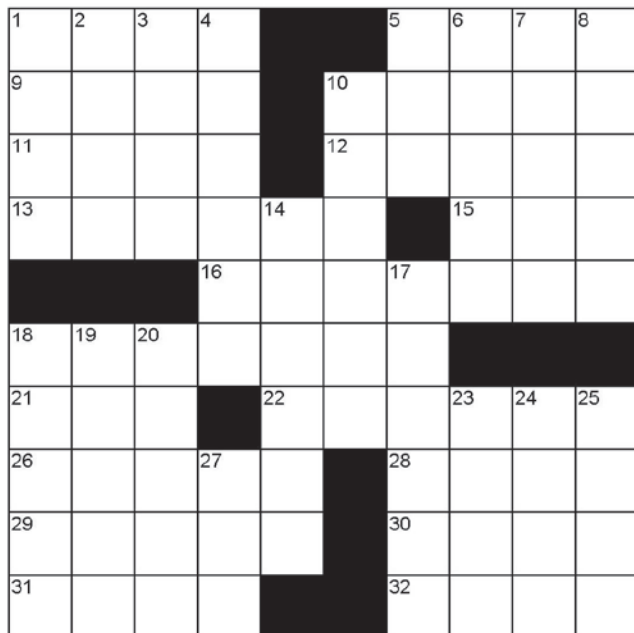
As a reminder, the unit turn here is the same as the closed stance; turn the shoulders keeping the racquet head and elbow up, extending it as you hit the ball. This movement, along with the lowering and then upward explosion of your body mentioned above, are your sources of power on this shot since you are not stepping into the ball.

As for the backhand, the one-handers will only resort to this shot if they are jammed or when a ball is hit directly at their body so that they have little time to reposition their feet. For two-handers, it's mainly a matter of available time. The principles that apply are pretty much the same as with the forehand; load up on the outside foot and square up as you explode upward into the ball.

Watch Federer, Nadal and Kyrgios hit their open stance strokes. And, of course, practice hitting yours. You'll soon be surprised how quickly you are moving and getting to those more difficult shots! It's all about the footwork! If you have a question about these techniques, feel free to call or text me.

Walter: 512-497-9971

CROSSWORD PUZZLE



ACROSS

1. Green seedless plant
5. Syrian bishop
9. Singing voice
10. Tapestry
11. Oracle
12. High School dance
13. Camel seat
15. Kimono sash
16. Moslem
18. Ancient time piece
21. Environmental protection agency (abbr)
22. Naval fleet
26. From Asia
28. Aroma
29. Jeans
30. Back of the neck
31. Tuber
32. Removes the water

DOWN

1. Squash
2. Tub spread
3. Soup
4. Dirty
5. Creative work
6. Sweeper
7. Deer
8. Molded salad
10. Precision cut stone
14. People from Asia
17. Kitchen appliance color
18. Large mammals
19. Defeat
20. Simple
23. 6th month (Jewish calendar)
24. Foolish
25. Greek god of war
27. Place

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5 Home Design Trends You'll Be Seeing in 2018

Fresh trends spotted at High Point Market, Fall 2017; florals, dramatic colors and textures, too! Twice a year, true interior design magic happens when the industry gathers in North Carolina for High Point Market. This massive trade show gives the design world an opportunity to show off the newest styles in furnishings, lighting and accessories. We left the event with a wellspring of inspiration after spotting these exciting new trends.

CHARCOAL AND HONEY



with glossy black elements and golden hardware and textiles.

Deep, dark walls painted in rich charcoal and matte black, accented by lush honey tones and cream accents, created a dramatic look.

High Point Market featured plenty of furnishings and decor items that repeated the trend on a smaller scale,

FLOUNCY FLORALS



From drapery and wallcovering to club chairs and pillows, this look was a show front-runner.

If you're looking to make a bold statement, consider a sofa with a colorful floral print on a dark background, or even a large art piece. For a more modest look, try incorporating smaller items, like a vase or toss pillow.



VELVETY VIBRANTS

We always see jewel tones in design, but this season we're seeing heavily textured pieces with vibrant gemstone coloration. Think fuchsia velvet ottomans and multi-toned boucle fabric on accent chairs — even

a rich emerald-green tufted couch.

These intense hues can be a lot to take on, so start small with a throw blanket or chair to start.

This is a great color choice for any palette, and it ties into that jewel-tone trend we mentioned earlier.

Continuing the jewel-tone trend, deep teal is a shade you'll be seeing more of. Sherwin Williams' Oceanside, its 2018 color of the year, is a perfect representation of this hot hue. Mix metals with this color choice, and watch them sparkle. Consider painting a single statement credenza this enticing shade, and make it pop with hammered brass hardware. Or, paint your entire living room this rich color, and mix in shades of green and fuchsia. If subtle's more your style, tone it down with cream or charcoal.



BLUSHING TWILIGHT

The high-contrast sophisticated combination of navy blue and a soft blush pink is easy to pull off and surprisingly timeless.

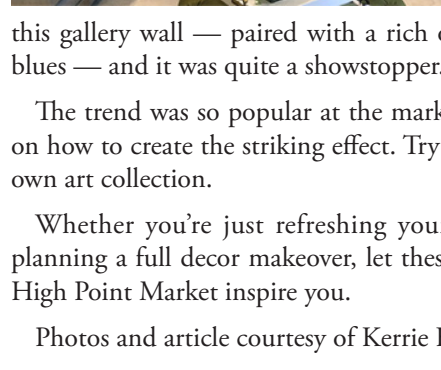
This soft pale-pink rug, paired with the artwork's rich navy accents, pulls

the look together, while mixed metals and cream accents finish off the aesthetic.

MARVELOUS MARBLING

One of the most prominent trends from the market was the use of marbling. We found chairs, pillows and art sporting this noteworthy pattern.

Artist Jill Seale handcrafted the art for



this gallery wall — paired with a rich organic olive and soft gray blues — and it was quite a showstopper.

The trend was so popular at the market that they offered classes on how to create the striking effect. Try it yourself, and build your own art collection.

Whether you're just refreshing your home for the season or planning a full decor makeover, let these styles from the fall 2017 High Point Market inspire you.

Photos and article courtesy of Kerrie Kelly.

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Preventing Common Types of Neck and Back Pain

By Dr. Chad Adkins, Chiropractor

By far, one of the most common causes of neck and back pain in today's society is poor posture. We find in our chiropractic office that back pain often follows sitting or standing for a long period of time, bending repetitively or for too long, or lying down in a position of strain. Similarly, neck pain usually follows sitting for a long period of time such as on a drive or flight, working in a strained position such as over a computer, holding a phone in place for long, or lying down with the head in an awkward position.

Let's identify five common causes of neck and back pain and learn how to correct them.

1. Lifting is probably the biggest culprit of them all. Make sure that when lifting, you bend your knees, not your back. Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than chest high. When a load is too heavy, get help and plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.
2. Improper walking and standing are the next-most-common reasons we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Make sure to wear comfortable/supportive shoes, and try to avoid boots and high heels.
3. Remember for driving to move the seat forward to keep your knees bent and slightly higher than your hips. Sit straight up, and push the lumbar support as far out as it will go. Also, do not lean to one side or the other, and try to keep your weight balanced. Most importantly, keep your head against the rest and do not let it drift forward.
4. Sitting is another big issue we see in our office, especially with technology/computer-related jobs. Be sure to sit in a chair that is low enough for you to place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.
5. Sleeping is something that may get overlooked, but it is very important since you spend a third of your life sleeping. A good night's sleep on a firm mattress is good for your health and your back. Sleep on your side with your knees bent and a small pillow between them or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can help prevent unnecessary wear and tear on your discs and joints.



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