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Rubinstein is the Principal member of RSAH2O, LLC – an environmental consulting firm with strong emphasis on water issues.

Rubinstein served as chairman of the Texas Water Development Board (TWDB) from 2013-2015. He also served as the Texas representative to the Western States Water Council, and the Border Governors' Conference Sustainable Development worktable.

Rubinstein served as a commissioner of the Texas Commission on Environmental Quality (TCEQ) from 2009–2013.

Rubinstein is a former member of the Texas Environmental Flows Advisory Group, the Governmental Advisory Committee, which advises the EPA Administrator on environmental concerns regarding NAFTA, the North American Agreement on Environmental Cooperation; and the Commission for Environmental Cooperation and of the Good Neighbor Environmental Board, an independent federal advisory committee that assists the president and Congress on environmental infrastructure needs along the U.S. border with Mexico. He has also served as deputy executive director of TCEQ and as Rio Grande Watermaster. He is a former city manager for the City of Brownsville.

Rubinstein received a bachelor's degree in biology from Pan American University.