

## **PREVIEW: CHRISIN LIMITES**

1

01:00:00,750 --> 01:00:05,750

Person with Down Syndrome, let's give them have a chance for them

2

01:00:05,750 --> 01:00:09,625

to work differently and do what they can

3

01:00:10,000 --> 01:00:12,000

they can do much more.

## **THE INTERVIEW**

4

01:00:30,000 --> 01:00:54,333

Hello and welcome to this new episode of My Time with

5

01:00:54,333 --> 01:00:56,916

Tony Hernández Pumarejo and this is

6

01:00:56,916 --> 01:00:59,000

his host Tony Hernández Pumarejo.

7

01:00:59,500 --> 01:01:03,958

Today I have the honor and privilege of interviewing a

8

01:01:03,958 --> 01:01:09,375

great friend, he is a chef, a Puerto Rican businessman, his

9

01:01:09,375 --> 01:01:11,625

name is Chris González, but he is the

10

01:01:11,625 --> 01:01:14,000

better known as ChriSinLimites.

11

01:01:14,000 --> 01:01:18,958

Chris is a young man, with Down Syndrome who has

12

01:01:18,958 --> 01:01:20,708

overcame the struggles and has

13

01:01:20,708 --> 01:01:22,958

demonstrated to the world that there are no limits in life

14

01:01:23,791 --> 01:01:28,208

He comes from the town of Jincón in Puerto Rico, Chris is

15

01:01:28,208 --> 01:01:32,416

chef, is a barista, model, influencer, he is the owner of

16

01:01:32,416 --> 01:01:37,000

a food truck, speaker, lecturer, dancer and triathlete.

17

01:01:37,000 --> 01:01:42,458

So he has a unique and special life, so I have

18

01:01:42,458 --> 01:01:45,250

the honor and privilege of interviewing my friend Chris today.

19

01:01:45,541 --> 01:01:48,041

Chris thank you for having participated today

20

01:01:48,041 --> 01:01:50,708

in this interview on my podcast My Time.

## **CHRISIN LIMITES**

21

01:01:51,416 --> 01:01:52,916

Ya baby.

**TONY HERNANDEZ PUMAREJO**

22

01:01:54,000 --> 01:02:00,708

Let's go for the "mambo" as they say in PR. Chris, you are a

23

01:02:00,708 --> 01:02:03,208

role model for me, an example of inspiration.

24

01:02:03,208 --> 01:02:05,375

This is the first time that I interviewed you, I

25

01:02:05,375 --> 01:02:08,250

I even interviewed, wow, two years ago,

26

01:02:09,000 --> 01:02:11,541

when I had my segment on television,

27

01:02:11,541 --> 01:02:15,166

I think I interviewed you a week after.

28

01:02:15,166 --> 01:02:17,000

interviewing with Sofia, Sofia Jirau.

29

01:02:17,000 --> 01:02:21,000

And this time,we're going a little longer, so don't worry.

30

01:02:21,500 --> 01:02:25,000

And let's start, I always ask this question, Chris,

31

01:02:25,000 --> 01:02:26,750

to all my guests.

32

01:02:27,416 --> 01:02:31,916

I ask you, how would you define your life, the life of

33

01:02:31,916 --> 01:02:34,750

ChriSinLimites in just a few words?

### **CHRISIN LIMITES**

34

01:02:36,208 --> 01:02:46,083

Well, as I say, many people

35

01:02:46,083 --> 01:02:54,750

because I live without limits, you dream without fear.

### **TONY HERNANDEZ PUMAREJO**

36

01:02:56,291 --> 01:02:59,291

Exactly, and that is your mission and that

37

01:02:59,291 --> 01:03:00,708

It is what you have defined your life.

38

01:03:01,625 --> 01:03:04,500

You don't put the limits on yourself and for

39

01:03:04,500 --> 01:03:06,458

there forward without fear.

40

01:03:07,166 --> 01:03:10,125

But Chris, there was a beginning, and let's talk about, yeah

41

01:03:10,125 --> 01:03:14,375

they can a little more of your life, where you were born

42

01:03:14,375 --> 01:03:15,875

what was your childhood like?

43

## **CHRISIN LIMITES**

01:03:17,000 --> 01:03:19,458

Well, I, hello, I'm going to tell myself that I am

44

01:03:19,458 --> 01:03:23,000

Chris González, I'm known as Chrisinlimites.

45

01:03:24,000 --> 01:03:26,166

I am a chef and well, I am owner

46

01:03:26,166 --> 01:03:28,041

of food truck called Chrisinlimites and

47

01:03:28,625 --> 01:03:30,958

I live in Rincon, Puerto Rico, I have

48

01:03:30,958 --> 01:03:34,750

26 to 27 years old, I even removed the age.

49

01:03:40,000 --> 01:03:46,958

I am also a triathlete, I am also motivational

50

01:03:46,958 --> 01:03:49,750

speaker, I bought a new car.

51

01:03:50,000 --> 01:03:57,750

I live alone in my apartment and I love what I do.

52

01:04:00,041 --> 01:04:05,625

I also studied at the Universidad Interamericana in Aguadilla,

53

01:04:06,041 --> 01:04:07,833

I graduated with a 3.71 GPA,

54

01:04:08,250 --> 01:04:12,666

not bad for a young man with Down Syndrome.

**TONY HERNANDEZ PUMAREJO**

55

01:04:14,666 --> 01:04:17,000

You've overcome a lot of barriers, Chris.

56

01:04:17,875 --> 01:04:19,791

How was your childhood? Did you have

57

01:04:19,791 --> 01:04:22,000

Any hobbies you liked to do?

**CHRISIN LIMITES**

58

01:04:23,291 --> 01:04:26,208

Yes, it's my hobby that I like to do,

59

01:04:26,208 --> 01:04:30,250

It's dancing, cooking and playing video games.

60

01:04:31,083 --> 01:04:34,708

And go travel outside, go to the movies.

61

01:04:35,000 --> 01:04:38,958

I love to enjoy with the family and

62

01:04:38,958 --> 01:04:44,208

talking to different people of older age .

**TONY HERNANDEZ PUMAREJO**

63

01:04:45,500 --> 01:04:48,833

Very good, and how have you manage to make friends?

**CHRISIN LIMITES**

64

01:04:51,166 --> 01:04:53,500

Friends, yes, I have speak with

65

01:04:53,500 --> 01:04:56,000

a lot of peoples, friends from school,

66

01:04:56,000 --> 01:05:00,875

Thanks to God, it is going very well.

67

01:05:00,875 --> 01:05:06,541

I talk to them sometimes.

68

01:05:06,833 --> 01:05:08,583

And I love it.

**TONY HERNANDEZ PUMAREJO**

69

01:05:10,500 --> 01:05:13,833

And the question that I am going to ask, could be

70

01:05:13,833 --> 01:05:17,791

a litte discreet,but, what about the girlfriends??

71

01:05:19,416 --> 01:05:22,000

The girlfriendS, it's over!

**TONY HERNANDEZ PUMAREJO**

72

01:05:22,625 --> 01:05:23,416

It's over?

**CHRISIN LIMITES**

73

01:05:23,875 --> 01:05:23,958

Yeah.

**TONY HERNANDEZ PUMAREJO**

74

01:05:25,000 --> 01:05:30,458

Well, for me it's not over, the person hasn't arrived.

75

01:05:31,041 --> 01:05:32,791

Someone is going to come out there who is going

76

01:05:32,791 --> 01:05:34,416

to be greatly deserving of your love.

77

01:05:34,750 --> 01:05:36,541

So I'm in the same situation too.

78

01:05:37,250 --> 01:05:38,166

I can't say much.

**CHRISIN LIMITES**

79

01:05:38,583 --> 01:05:40,541

I'm am single and without comittment.

**TONY HERNANDEZ PUMAREJO**

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01:05:43,000 --> 01:05:44,333

It is best to focus on one

81

01:05:44,333 --> 01:05:46,208

yourself, work for yourself.

82

01:05:46,500 --> 01:05:48,583

And that's what I say about self love.

83

01:05:49,125 --> 01:05:52,250

How was college, Chris?



**CHRISIN LIMITES**

84

01:05:54,000 --> 01:05:57,291

University for me was strong.

85

01:05:58,375 --> 01:06:00,541

I studied a lot.

86

01:06:02,416 --> 01:06:05,208

That was hard work.

87

01:06:06,041 --> 01:06:08,708

I had to study the

88

01:06:08,708 --> 01:06:12,791

different cuts and different recipes.

89

01:06:14,000 --> 01:06:15,375

Read and pick it up

**TONY HERNANDEZ PUMAREJO**

01:06:16,250 --> 01:06:16,625

Ok.

91

01:06:17,291 --> 01:06:19,625

And you spoke very well, Chris.

92

01:06:20,000 --> 01:06:22,708

You mentioned, you are chef.

93

01:06:23,458 --> 01:06:25,416

What inspired you to become a chef?

**CHRISIN LIMITES**

94

01:06:26,833 --> 01:06:29,625

Ok, when I was little, my mom taught me how to cook.

95

01:06:29,958 --> 01:06:31,833

Who is next to me right now.

96

01:06:32,166 --> 01:06:35,583

That's when she taught me and taught me about kitchens.

**TONY HERNANDEZ PUMAREJO**

97

01:06:36,833 --> 01:06:37,208

Ok.

**CHRISIN LIMITES**

98

01:06:37,208 --> 01:06:40,750

And when I graduated from high school. I decided

99

01:06:40,750 --> 01:06:43,500

to study culinary arts at Interamericana University ,

100

01:06:43,500 --> 01:06:44,833

graduating with high honors,

101

01:06:45,416 --> 01:06:48,458

with 3.71 GPA

102

01:06:49,000 --> 01:06:51,875

Not bad, for a young man with Down syndrome.

**TONY HERNANDEZ PUMAREJO**

103

01:06:53,083 --> 01:06:54,000

Not bad.

104

01:06:54,000 --> 01:06:56,500

And I would say that's triumph.

105

01:06:56,916 --> 01:06:59,958

Because that is an example for people.

106

01:07:00,750 --> 01:07:04,500

It doesn't matter if you have Down syndrome or in my case,

107

01:07:04,750 --> 01:07:05,750

you know that I do work

108

01:07:05,750 --> 01:07:09,291

for autism, anxiety.

109

01:07:09,958 --> 01:07:12,291

The condition of capacity that one has is given.

110

01:07:12,875 --> 01:07:14,000

That doesn't define a person.

111

01:07:15,000 --> 01:07:17,041

If you have a goal and a purpose and

112

01:07:17,041 --> 01:07:18,833

you work hard to reach that goal,

113

01:07:19,291 --> 01:07:21,791

As you always say and it is our mission,

114

01:07:22,333 --> 01:07:24,833

There are no limits to what one can achieve.

115

01:07:25,458 --> 01:07:27,625

That means there are no limits to

116

01:07:27,625 --> 01:07:29,625

reach everything you want

117

01:07:30,000 --> 01:07:34,083

and that can achieve the desire for a lot of things.

**CHRISIN LIMITES**

118

01:07:34,458 --> 01:07:36,000

Exactly.

**TONY HERNANDEZ PUMAREJO**

119

01:07:36,333 --> 01:07:39,375

And one of those goals that you were able to achieve, Chris,

120

01:07:39,541 --> 01:07:40,791

that even if I'm not wrong

121

01:07:40,791 --> 01:07:44,000

were you the first or one of the first

122

01:07:44,000 --> 01:07:49,250

with down syndrome to get your driver's license.

123

01:07:49,500 --> 01:07:49,916

It's right?

**CHRISIN LIMITES**

124

01:07:50,708 --> 01:07:52,000

Yeah that's right.

125

01:07:52,000 --> 01:07:57,833

The first thing I did take learner permit

126

01:07:58,000 --> 01:08:04,125

and then he drove to get the driver's license

127

01:08:04,125 --> 01:08:07,583

and that is why I was able to get 100

128

01:08:07,583 --> 01:08:11,000

to get the drivers license.

**TONY HERNANDEZ PUMAREJO**

129

01:08:12,000 --> 01:08:13,125

Very good.

**CHRISIN LIMITES**

130

01:08:13,416 --> 01:08:15,416

I am the first young man with Down Syndrome

131

01:08:15,416 --> 01:08:17,750

to get a driver's license

132

01:08:18,000 --> 01:08:20,333

And so I bought a new automobile.

**TONY HERNANDEZ PUMAREJO**

133

01:08:21,166 --> 01:08:21,875

Incredible.

134

01:08:22,125 --> 01:08:23,750

And I know which vehicle you got

135

01:08:23,750 --> 01:08:25,958

because, and I had not seen it in a photo,

136

01:08:26,625 --> 01:08:30,625

I know that it was you who showed me your car

137

01:08:31,333 --> 01:08:33,375

because this is a true story that I want to tell.

138

01:08:34,125 --> 01:08:35,583

I had the honor and privilege of visiting

139

01:08:36,000 --> 01:08:37,625

Puerto Rico last year,

140

01:08:38,041 --> 01:08:39,791

more than a year, even, it was November 2022.

141

01:08:40,625 --> 01:08:42,666

and I was traveling all over the

142

01:08:42,666 --> 01:08:44,791

Isla and I contacted you and I said, "Chris

143

01:08:44,791 --> 01:08:45,750

I'm in Puerto Rico, I want to

144

01:08:45,750 --> 01:08:48,250

visit you and you remember this very well.

145

01:08:49,250 --> 01:08:51,958

And I went to your town of Rincón,

146

01:08:53,083 --> 01:08:57,458

You showed me not about your job in a coffee shop.

147

01:08:58,000 --> 01:08:58,666

La Kafe Terra.

148

01:08:59,666 --> 01:09:01,541

I think I have the correct name.

149

01:09:02,000 --> 01:09:06,000

and then there we meet in person,

150

01:09:06,000 --> 01:09:09,333

I met your parents, your mom, your dad,

151

01:09:10,458 --> 01:09:11,791

great human beings, your parents.

152

01:09:13,333 --> 01:09:17,708

And there we connected, we talked, we got to know each other better.

153

01:09:17,708 --> 01:09:18,833

and you showed me your car.

154

01:09:19,833 --> 01:09:22,541

And after showing me your vehicle, we said goodbye,

155

01:09:22,541 --> 01:09:24,791

we gave each other a hug and really

156

01:09:24,791 --> 01:09:26,833

that was one of the best moments

157

01:09:26,833 --> 01:09:28,916

that I have had from having known you.

158

01:09:29,250 --> 01:09:30,625

So it's my privilege.

**CHRISIN LIMITES**

159

01:09:32,250 --> 01:09:33,500

I like that, thank you.

160

01:09:34,541 --> 01:09:35,791

Thank you for beautiful message for me.

161

01:09:37,000 --> 01:09:40,250

...

**TONY HERNANDEZ PUMAREJO**

162

01:09:42,083 --> 01:09:45,500

And Chris, speaking of your parents,

163

01:09:46,125 --> 01:09:47,583

a question that I always ask,

164

01:09:48,208 --> 01:09:53,458

How important have your mother and father been in your life?

**CHRISIN LIMITES**

165

01:09:54,500 --> 01:09:57,500

Dad and mom always supported me, always,

166

01:09:58,041 --> 01:10:00,875

because dad and mom always

167

01:10:00,875 --> 01:10:02,625

They support everything I do,

168

01:10:03,333 --> 01:10:04,083

always like that.



**TONY HERNANDEZ PUMAREJO**

169

01:10:05,583 --> 01:10:07,708

That's great, that's great .

170

01:10:08,416 --> 01:10:11,666

And Chris, let's go talk a

171

01:10:11,666 --> 01:10:13,916

little bit of your main job.

172

01:10:14,250 --> 01:10:15,833

I know you have different jobs,

173

01:10:16,041 --> 01:10:17,291

but let's start with the main one.

174

01:10:18,333 --> 01:10:22,041

Chef, tell us and share with us, how is your daily living,

175

01:10:22,333 --> 01:10:23,791

how is it, that is, is how

176

01:10:23,791 --> 01:10:25,666

study or live working as a chef.

177

01:10:26,125 --> 01:10:28,208

What do you like and what don't you like?

**CHRISIN LIMITES**

178

01:10:29,458 --> 01:10:30,583

I like everything.

179

01:10:31,000 --> 01:10:34,541

But most of all I like being a chef.

180

01:10:35,541 --> 01:10:38,291

Because there, there being many recipes,

181

01:10:39,041 --> 01:10:41,625

I make different recipes and also,

182

01:10:42,000 --> 01:10:46,625

and it is known that he was a famous Frente Chef in Puerto Rico

183

01:10:47,000 --> 01:10:47,791

and in the United States.

### **TONY HERNANDEZ PUMAREJO**

184

01:10:49,291 --> 01:10:52,000

Yes, and your work has gone viral

185

01:10:53,000 --> 01:10:55,625

You are everywhere on social media,

186

01:10:56,458 --> 01:10:58,500

showing your food truck, people visiting you.

187

01:10:58,791 --> 01:11:02,125

that is, in different recipes, different people,

188

01:11:02,125 --> 01:11:03,958

many people who visit you.

189

01:11:04,666 --> 01:11:06,708

I mean, not yet, I visited you

190

01:11:06,708 --> 01:11:08,833  
but I've never been able to go to your food truck, yet.

191  
01:11:09,416 --> 01:11:11,208  
I mean, the next time I go to Puerto Rico,

192  
01:11:11,458 --> 01:11:12,458  
That's what I'm going to do, you

193  
01:11:12,458 --> 01:11:14,166  
I'm going to visit your food truck.

194  
01:11:15,000 --> 01:11:18,833  
And, that is, you, you, you bring that energy,

195  
01:11:19,541 --> 01:11:22,208  
that positive vibe through your content.

196  
01:11:23,000 --> 01:11:26,041  
That is, with so many, that is, with the jobs that you do,

197  
01:11:26,333 --> 01:11:29,541  
As a chef, influencer, how do you take care of yourself?

198  
01:11:29,916 --> 01:11:31,875  
With so many things that you do.

### **CHRISIN LIMITES**

199  
01:11:33,000 --> 01:11:34,958  
A lot of things.

200  
01:11:35,291 --> 01:11:38,208  
I like different things to do,

201

01:11:38,916 --> 01:11:43,875

I like such moderation in passing,

202

01:11:44,250 --> 01:11:47,541

I like chef, cooking, cooking,

203

01:11:48,166 --> 01:11:51,541

I believe in recipes, and many more things.

### **TONY HERNANDEZ PUMAREJO**

204

01:11:53,000 --> 01:11:55,625

And I want to ask you, because you, that is,

205

01:11:55,958 --> 01:11:59,041

you said, you are a chef, you are a model,

206

01:11:59,958 --> 01:12:04,916

athlete, barista, of all those jobs.

207

01:12:04,916 --> 01:12:05,875

This is the difficult question.

208

01:12:07,000 --> 01:12:09,000

What is your favorite of all those jobs?

### **CHRISIN LIMITES**

209

01:12:10,125 --> 01:12:13,750

The thing I like the most is chef and barista.

210

01:12:14,500 --> 01:12:16,458

And also my model.

211

01:12:17,166 --> 01:12:19,000

In other words, you like all your jobs.

**CHRISIN LIMITES**

212

01:12:19,625 --> 01:12:20,000

Yeah.

213

01:12:20,000 --> 01:12:20,333

Equally.

**TONY HERNANDEZ PUMAREJO**

214

01:12:21,666 --> 01:12:22,625

Oh yes, equally.

215

01:12:23,666 --> 01:12:24,916

That's good, that's good .

216

01:12:25,333 --> 01:12:29,958

And then talk a little about your experiences as a barista,

217

01:12:30,500 --> 01:12:32,666

athlete, model, yes.

218

01:12:32,666 --> 01:12:33,875

You can go into a little more detail.

**CHRISIN LIMITES**

219

01:12:34,833 --> 01:12:36,958

Well, barista.

220

01:12:37,833 --> 01:12:42,000

I first went to a barista course at Café Terra.

221

01:12:42,083 --> 01:12:48,875

That's when they offered me a job as a barista.

222

01:12:49,833 --> 01:12:53,416

And an athlete, who is my older brother,

223

01:12:53,666 --> 01:12:54,833

His name is Roy González,

224

01:12:55,208 --> 01:12:58,916

He motivated me to do the triathlon.

225

01:12:59,291 --> 01:13:02,041

And I like what I'm doing.

### **TONY HERNANDEZ PUMAREJO/ CHRISIN LIMITES**

226

01:13:04,041 --> 01:13:04,583

Very good.

227

01:13:05,208 --> 01:13:07,208

And you have that passion.

228

01:13:07,208 --> 01:13:10,000

You are very passionate person.

229

01:13:10,666 --> 01:13:11,541

And that is love.

230

01:13:11,833 --> 01:13:13,750

Because you have love for the work you do.

231

01:13:14,291 --> 01:13:16,750

And through that, you make a difference.

232

01:13:17,250 --> 01:13:19,958

Beyond your profession, your jobs,

233

01:13:19,958 --> 01:13:23,500

but you help and make a difference in society.

234

01:13:24,291 --> 01:13:27,000

Especially for Down Syndrome population.

235

01:13:27,875 --> 01:13:30,291

That I is something that inspires you,

236

01:13:30,958 --> 01:13:33,666

That motivates you to create awareness

237

01:13:34,000 --> 01:13:36,791

for this population that needs help

238

01:13:36,791 --> 01:13:38,541

and the resources to be able to move forward.

239

01:13:39,583 --> 01:13:41,791

And asking you, Chris,

240

01:13:41,791 --> 01:13:43,916

because you are a leader of this cause,

241

01:13:44,666 --> 01:13:46,791

especially for Down Syndrome.

242

01:13:47,666 --> 01:13:49,333

What do you think is missing?

243

01:13:50,000 --> 01:13:53,291

to be able to help the population with Down Syndrome?

**CHRISIN LIMITES**

244

01:13:54,500 --> 01:13:55,041

Of course.

245

01:13:55,541 --> 01:13:57,708

Young people with Down Syndrome

246

01:13:59,000 --> 01:14:02,916

They have an opportunity for them to work in different places.

247

01:14:04,375 --> 01:14:07,750

Of course they can do many more things.

**TONY HERNANDEZ PUMAREJO**

248

01:14:09,208 --> 01:14:12,083

And I ask you, there are going to be people,

249

01:14:12,458 --> 01:14:14,125

you know very well what there is going to be,

250

01:14:14,500 --> 01:14:16,708

precisely, families that has loved ones

251

01:14:17,000 --> 01:14:19,625

with Down Syndrome or a person with Down Syndrome,

252

01:14:19,625 --> 01:14:22,458

who is watching this interview.

253

01:14:23,250 --> 01:14:25,208

What, if that person sees you,



254

01:14:25,208 --> 01:14:28,291

What would you say to that person with Down syndrome?

**CHRISIN LIMITES**

255

01:14:29,625 --> 01:14:31,875

I would say that the person with Down Syndrome

256

01:14:31,875 --> 01:14:33,583

and other conditions like you,

257

01:14:34,000 --> 01:14:38,333

that I met you in Puerto Rico and in Miami,

258

01:14:39,000 --> 01:14:39,750

in Florida,

259

01:14:40,250 --> 01:14:43,625

and that they can achieve their goals,

260

01:14:43,625 --> 01:14:46,291

who can work, study,

261

01:14:47,750 --> 01:14:48,541

buy a car,

262

01:14:49,541 --> 01:14:50,916

buy an apartment,

263

01:14:52,250 --> 01:14:54,416

and also, and remember,

264

01:14:54,625 --> 01:14:56,208

It's not easy, but it is possible,

265

01:14:56,416 --> 01:14:57,750

and I would never say that it can't be done

**TONY HERNANDEZ PUMAREJO**

266

01:14:59,458 --> 01:15:00,291

Exact.

267

01:15:00,500 --> 01:15:01,833

Never give up.

268

01:15:03,000 --> 01:15:05,416

What is it, Chris,

269

01:15:05,416 --> 01:15:06,500

It is a very important question.

270

01:15:07,500 --> 01:15:09,541

What motivates you, every day?

271

01:15:10,125 --> 01:15:11,625

What motivates you,

272

01:15:12,083 --> 01:15:13,416

every day, in doing your job?

273

01:15:13,833 --> 01:15:15,333

What is that inspiration,

274

01:15:16,000 --> 01:15:17,833

or that thing that motivates you

275

01:15:17,833 --> 01:15:19,541

to be able to do what you do every day?

**CHRISIN LIMITES**

276

01:15:21,000 --> 01:15:22,000

The motivation,

277

01:15:23,000 --> 01:15:24,625

the motivation,

278

01:15:25,458 --> 01:15:28,000

My dad has supported me too much,

279

01:15:28,625 --> 01:15:32,000

because I like what daddy supports me,

280

01:15:32,000 --> 01:15:34,458

and mommy also ,both of them

281

01:15:34,916 --> 01:15:38,791

and my brother has also motivated me a lot,

282

01:15:39,666 --> 01:15:43,333

and the family has also supported me a lot,

283

01:15:43,916 --> 01:15:44,958

and thanks to God,

**TONY HERNANDEZ PUMAREJO**

284

01:15:45,458 --> 01:15:46,583

I like that.

285

01:15:48,083 --> 01:15:48,500

Very good.

286

01:15:48,958 --> 01:15:51,041

No, I have had, as I mentioned,

287

01:15:51,041 --> 01:15:52,750

I had one of the first to meet your parents,

288

01:15:53,416 --> 01:15:54,500

you mentioned Miami,

289

01:15:54,500 --> 01:15:55,333

you mentioned Florida,

290

01:15:55,333 --> 01:15:58,666

because you also came to Orlando a few months ago,

291

01:15:59,166 --> 01:16:00,708

we had a very interesting experience,

292

01:16:01,000 --> 01:16:02,000

very funny,

293

01:16:02,541 --> 01:16:05,291

that we went to a specific store,

294

01:16:05,333 --> 01:16:06,125

and it was like,

295

01:16:07,000 --> 01:16:09,166

I don't know, like a flea market store

296

01:16:09,833 --> 01:16:10,958

and there we were,

297

01:16:11,291 --> 01:16:15,625

That store was recommended by our friend,

298

01:16:16,458 --> 01:16:17,250

Astrid Rivera,

299

01:16:17,250 --> 01:16:19,875

journalist and reporter from Univision,

300

01:16:19,875 --> 01:16:20,708

from Despierta America,

301

01:16:21,958 --> 01:16:24,166

and we told Astrid,

302

01:16:24,375 --> 01:16:25,500

Look, we are going to go there,

303

01:16:26,000 --> 01:16:27,625

so we made a video,

304

01:16:28,125 --> 01:16:29,791

We tell her that she missed it,

305

01:16:30,000 --> 01:16:33,291

So we were there, as they say in Puerto Rico,

306

01:16:33,666 --> 01:16:36,666

a mess "un revolu",

307

01:16:38,208 --> 01:16:39,125

and I said one word,

308

01:16:40,125 --> 01:16:40,916

and I said one for...

**CHRISIN LIMITES**

309

01:16:41,375 --> 01:16:42,916

A flea market disaster.

**TONY HERNANDEZ PUMAREJO**

310

01:16:43,250 --> 01:16:44,875

Yes, exactly.

311

01:16:46,458 --> 01:16:49,208

That was fun.

312

01:16:50,000 --> 01:16:52,625

Did you bought something when we were there?

**CHRISIN LIMITES**

313

01:16:52,875 --> 01:16:53,375

I do not remember.

**TONY HERNANDEZ PUMAREJO**

314

01:16:53,875 --> 01:16:54,958

There is one more thing

315

01:16:57,000 --> 01:17:00,375

I remember that I bought a purple tennis shoe,

316

01:17:00,375 --> 01:17:02,791

I do remember that.

317

01:17:03,125 --> 01:17:06,666

Yes, a pair of tennis shoes.

**CHRISIN LIMITES**

318

01:17:07,333 --> 01:17:07,958

Yes Yes.

**TONY HERNANDEZ PUMAREJO**

319

01:17:08,916 --> 01:17:10,833

That's good, that's good.

320

01:17:11,416 --> 01:17:13,541

Well, Chris, your story,

321

01:17:14,250 --> 01:17:17,166

It's really more than one story,

322

01:17:17,166 --> 01:17:18,291

You're a great human being,

323

01:17:18,541 --> 01:17:19,375

you are a great friend,

324

01:17:21,000 --> 01:17:23,000

and I want to ask you,

325

01:17:23,000 --> 01:17:24,500

Before finishing our interview,

326

01:17:25,333 --> 01:17:26,916

if you have any final message

327

01:17:26,916 --> 01:17:29,708

What do you want to say to our society,

328

01:17:30,750 --> 01:17:32,666

what we have to do to help

329

01:17:32,666 --> 01:17:33,958

to people who are different

330

01:17:35,000 --> 01:17:36,625

in being able to achieve a better quality of life?

### **CHRISIN LIMITES**

331

01:17:39,000 --> 01:17:39,791

Well,

332

01:17:41,500 --> 01:17:43,041

Live life,

333

01:17:43,583 --> 01:17:46,500

because you can achieve many more things,

334

01:17:47,291 --> 01:17:48,458

and that's what we want,

335

01:17:48,750 --> 01:17:51,958

because those young people who can achieve

336

01:17:53,875 --> 01:17:55,791

many goals.

337

01:17:57,000 --> 01:17:57,333

Excellent.

338

01:17:58,125 --> 01:18:00,833

That's what I would like young people to

339



01:18:01,000 --> 01:18:03,041  
with conditions, Down Syndrome and ,

340  
01:18:03,041 --> 01:18:04,625  
and Autism like you,

341  
01:18:05,000 --> 01:18:07,083  
They can achieve many more things.

**TONY HERNANDEZ PUMAREJO**

342  
01:18:09,750 --> 01:18:10,875  
Excellent.

343  
01:18:11,583 --> 01:18:13,500  
And Chris, how can they find you on social media?

**CHRISIN LIMITES**

344  
01:18:15,166 --> 01:18:16,125  
You can find me as Chrisinlimites,

345  
01:18:16,375 --> 01:18:19,166  
on Facebook, on YouTube,

346  
01:18:19,916 --> 01:18:21,291  
It must be so easy for you,

347  
01:18:22,000 --> 01:18:25,208  
and to share with your family.

348  
01:18:25,625 --> 01:18:26,166  
Ya, baby.

**TONY HERNANDEZ PUMAREJO**

349  
01:18:26,541 --> 01:18:28,708

And one last question, before finishing.

350

01:18:29,500 --> 01:18:31,458

What are your plans for the future, Chris?

351

01:18:31,458 --> 01:18:33,125

What project do you have out there, Chris?

### **CHRISIN LIMITES**

352

01:18:33,625 --> 01:18:33,833

Yeah.

353

01:18:35,541 --> 01:18:40,666

Yes, and I want my future,

354

01:18:41,000 --> 01:18:43,625

I want to make my recipe book,

355

01:18:44,583 --> 01:18:46,333

I'm going to do that soon,

356

01:18:47,000 --> 01:18:50,750

and I also want to make a coffee shop,

357

01:18:51,583 --> 01:18:54,541

and merge with a restaurant.

358

01:18:54,541 --> 01:18:56,250

So I would like that .

### **TONY HERNANDEZ PUMAREJO**

359

01:18:57,833 --> 01:18:58,250

How beautiful.

360

01:18:58,583 --> 01:19:01,791

Well, Chris, this is always your home.

361

01:19:02,333 --> 01:19:03,416

I'm honored and privileged

362

01:19:03,416 --> 01:19:06,958

really, you have shared your story,

363

01:19:07,250 --> 01:19:08,750

with me, with our podcast.

364

01:19:09,000 --> 01:19:11,000

You are always welcome, proud of you.

365

01:19:11,666 --> 01:19:12,625

Keep moving forward.

366

01:19:13,041 --> 01:19:15,000

I am going to put all your social media.

367

01:19:15,000 --> 01:19:17,541

once this podcast is published,

368

01:19:17,541 --> 01:19:19,000

so that then people

369

01:19:19,000 --> 01:19:21,125

They are listening, they are seeing

370

01:19:21,125 --> 01:19:22,750

they can follow you.

371

01:19:23,375 --> 01:19:25,500

And I thank you, Chris,

372

01:19:25,500 --> 01:19:26,416

for having participated,

373

01:19:26,666 --> 01:19:28,625

from this interview with me on my podcast,

374

01:19:29,000 --> 01:19:30,708

My Time with Tony Hernández Pumarejo.

### **CHRISIN LIMITES**

375

01:19:32,083 --> 01:19:32,875

Always

376

01:19:33,125 --> 01:19:33,500

Thank you.

### **TONY HERNANDEZ PUMAREJO**

377

01:19:34,250 --> 01:19:35,791

Thank you, God bless you.

### **CHRISIN LIMITES**

378

01:19:36,458 --> 01:19:37,000

Likewise.

### **OUTRO:**

379

01:19:37,666 --> 01:19:40,583

Well this is the end of another episode

380

01:19:40,583 --> 01:19:42,791

from My Time with Tony Hernández Pumarejo.

381

01:19:43,333 --> 01:19:45,041

Tony hopes you liked it.

382

01:19:45,875 --> 01:19:47,000

If you want more information

383

01:19:47,000 --> 01:19:49,208

about the work Tony does,

384

01:19:49,458 --> 01:19:51,041

Subscribe to your social networks.

385

01:19:51,916 --> 01:19:52,875

Facebook, Instagram,

386

01:19:53,291 --> 01:19:55,166

Youtube, Twitter, which is now X

387

01:19:55,166 --> 01:19:56,625

and its link page.

388

01:19:57,458 --> 01:19:59,500

You can also follow Tony on his website

389

01:19:59,500 --> 01:20:02,166

in [Tonyhernándezpumarejo.com](http://Tonyhernándezpumarejo.com).

390

01:20:02,166 --> 01:20:03,875

Also, if you are interested

391

01:20:03,875 --> 01:20:05,500

in getting a copy of his book,

392

01:20:05,833 --> 01:20:07,416

An Autism Unscripted Life,

393

01:20:07,625 --> 01:20:08,958

you can buy it on Amazon

394

01:20:08,958 --> 01:20:11,333

or on any book selling platform.

395

01:20:11,916 --> 01:20:13,208

Or you can get a copy

396

01:20:13,208 --> 01:20:14,375

through their website.

397

01:20:15,166 --> 01:20:17,000

So until next time

398

01:20:17,000 --> 01:20:18,416

that you find us.

399

01:20:18,416 --> 01:20:20,916

Thank you and have a wonderful day.

400

01:20:21,666 --> 01:20:22,291

Blessings.