

**The Sperm Bank of California**

2115 Milvia Street  
2nd Floor  
Berkeley, CA 94704

phone 510-841-1858  
fax 510-841-0332  
e-mail: info@thespermbankofca.org  
website: www.thespermbankofca.org

## Donor 3008 Interview Notes

Donor 3008 came across as a very charming young man. He was a relaxed and engaged conversationalist who was able to be quite reflective about his family history. He commented that he wished he had had siblings, as he feels growing up as an only child resulted in his being a little more naïve and protected than he now thinks would have been optimal. He suffered from periodic panic attacks between the ages of eight and twenty, often triggered by social anxiety. At age twenty, he was treated with anti-depressants for about six months, and hasn't had problems with panic attacks since. He noted that he experienced a lot of shame about this problem as a youth and wishes he had discussed it with his parents sooner, since not only was it easily treated, but once he brought the subject up, he learned that his mother had also struggled with anxiety as a young woman.

The donor described his parents as giving him a lot of freedom to make his own choices, and he struck me as impressively self-motivated for his age. He explained that he has known he wanted to be a guitar player since the age of ten and enjoyed every aspect of playing from the time he began lessons at the age of eleven. He went on to study guitar performance at a college of music and plays all styles of music: contemporary, jazz, blues, classical, and metal. He has a pragmatic approach to becoming a professional musician. His goal is to have one band that plays covers of popular music for events such as weddings and parties, and another band that plays heavy metal/rock and roll. The idea is that he could support himself with the cover band while pursuing his passion with his metal band.

Donor 3008 is handsome. His fine-featured face is highlighted by brilliant blue eyes and a sweet smile. He is slender in build and has beautiful musician's hands with long, slender fingers.

Interviewer: Cathy Winks

Date: March 31, 2004