



INTERVIEW NOTES: 5126

Donor 5126 is a friendly, hard-working guy. He came to our interview wearing light brown pants, a dark chambray long-sleeved shirt with the sleeves casually rolled back, Converse oxfords, and black sunglasses dangling over his shirt pocket. He has deeply set eyes, a strong jaw, and thick hair that is a coppery-strawberry-blond with bits of lighter blond around his hairline and beard; he was a towhead until high school, and his hair now varies from light blond to almost brown during the winter.

The donor grew up in a very small Midwestern town and absolutely loved his country life and childhood. His parents divorced when he was three years old and 5126 lived with his mom and sister, both of whom he remains very close to. *I'm definitely a mama's boy! I love my mom to death ... she sacrificed so much to give us the life we wanted.* As a child, donor 5126 spent much of his time playing outdoors with his friends. He was quite active and his childhood nickname was *Bamm-Bamm* – after the Flintstones character – because of his reckless abandon. Surprisingly, his adventures and rambunctious ways never resulted in a broken bone, but he has had many, many stitches.

5126 comes from a musically-inclined family. His mother and sister both play the piano and, because he felt like he had to keep up with them, he taught himself how to play the guitar. His mother is also into sports, and he credits her for his athletic involvement. In high school, he ran track and played baseball and football. He enjoyed them all, but fell in love with football and continued playing in college. After a fairly serious football injury, he decided to take a year off of school. During this time, he worked and re-evaluated the path that he was on. He decided to return, but to a different school, and it was here that he found his passion in strength and conditioning.

After he completed his degree in Sport Science, he interned on the football team and began learning about training athletes. Upon graduating, he was recruited by a Division I school in the South. The somewhat sudden opportunity required that he take the GREs, submit his graduate application, and move, all within a few months, but it was well worth the scramble. His graduate program was an accelerated Master's degree program, so he attended class full-time. During this time he was working, first as the graduate assistant to the strength and conditioning coach, and later as assistant coach. At the time, there were two other trainers on staff (besides himself), and 17 teams, so 5126 very quickly learned the tricks of the trade and he said it was *mind-blowing* to go from a D3 to a D1 school. The head trainer was a woman, and he told me that he found it so cool and inspiring to have a female mentor in a male-dominated field. From the way he speaks about his mother and this supervisor, I can tell that 5126 carries deep respect for the influential women in his life.

As he finished his program, 5126 realized that college sports weren't for him, and he quit his coaching position and moved to California. One of 5126's life goals is to have his own sports performance training center and he is well on his way to accomplishing that. After arriving in California, he found a business partner who provided the financial backing for him to take over a gym. He completely overhauled the space – rebranded it, redesigned the interior, built new equipment, implemented new marketing – and trains a wide range of clientele. Right now, 5126 works seven days a week on the business, but when he's able to step away he likes to go to baseball games, hike with his sister's dogs, and visit the many Bay Area food trucks (which he thinks are the coolest thing ever – *it's awesome food and it's cheap!*). He lights up when he talks about how much joy he finds in helping people reach their goals, whether physical or mental, and he looks forward to the time that his friends from back home can move out here to run the center with him.

Interviewer: Kristen M.

Date: 5/14/15



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

DONOR PROFILE: 5126

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5126 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in January 2016

PERSONAL INFORMATION

- Identity-Release[®] Program: **YES**
- Month/year of birth: **September, 1988**
- Education: **Master's degree in Sports Management, Certified Sports Performance Coach**
- Current occupation: **Partner and Coach at a Gym**
- Ethnic origin: **German, Czech, Irish**
- Religion: **None**

PHYSICAL CHARACTERISTIC

- Height: **6' 1"**
- Weight: **197**
- Hair color: **Dark Blond**
- Hair type: **Wavy/Thick**
- Eye color: **Blue**
- Complexion: **Fair/Creamy**
- Body type: **Large**
- Blood group/Rh: **A+**
- Baby photo available: **Yes**
- Other distinguishing features: **Strong jaw line**

FAMILY MEDICAL HISTORY

KEY: **D** donor **Ch** child **F** father **M** mother **S** sister **B** brother
Co cousin **A** aunt **U** uncle **MGF** maternal grandfather **MGM** maternal grandmother
PGF paternal grandfather **PGM** paternal grandmother

Allergies: **S: Pollen at age 9, treated with OTC medication, managed. F: Dog dander at age 12, treated with OTC medication, resolved.**

Gastro-intestinal: **PGF: Colon cancer at 75, treated with chemotherapy, cause of death at age 75.**

Heart: **PGM: Heart failure at age 88, cause of death at age 88.**

Metabolic/Endocrine: **MA#1: Thyroid disease, hyperthyroidism at age 38, treated with surgery, resolved.**

Respiratory (Lungs): **MGM: Lung cancer at age 51, treated with chemotherapy, cause of death at age 51.**

Sight/Sound/Smell: **D: Right eye: 20/20, Left eye: 20/20**

Skin: **M: Skin cancer, basal cell at age 30, surgical removal, resolved.**

Cancer (see above): **M: Skin Cancer. MGM: Lung Cancer. PGF: Colon Cancer.**

DONOR LAB RESULTS

Chlamydia: **Not Detected**
HIV 1 & 2: **Non-Reactive**
Hepatitis B: **Non-Reactive**
Urinalysis: **Normal**

Gonorrhea: **Not Detected**
CMV total antibody: **Negative**
Hepatitis C: **Non-Reactive**
Chem panel: **Normal**

Syphilis: **Non-Reactive**
HTLV 1 & 2: **Non-Reactive**
CBC: **Normal**

GENETIC SCREENING RESULTS: ALL TEST VALUES IN NORMAL RANGE

Genetic screening tests can significantly reduce, but never completely eliminate, the chance that a person is a carrier for a particular disorder.

Cystic Fibrosis: (> 500 mutations) **No mutation detected**
Spinal Muscular Atrophy (SMA): **Two copies of SMN1 detected**
Hemoglobinopathies/Thalassemia: **No abnormal hemoglobin detected (including sickle hemoglobin);
No evidence of thalassemia**

DONOR NARRATIVE: 5126

The content of this narrative has not been altered by TSBC staff. It reflects the original written work of the Donor

Describe your personality: introvert, extrovert, funny, serious, goal-oriented, curious, shy, etc.

I would describe myself as being an extremely extrovert person. I love meeting new people, and am very interested in discovering new places. One of the places I hope to explore someday would be Ireland because of my family's heritage. I love learning about different cultures, and finding ways to take my experiences in different places to better myself. I am extremely goal-oriented, and I am driven to be successful in all areas of my life. This can be seen in my work by building a business that is aiming at helping people reach all of their fitness goals. I thoroughly enjoy hard work, but I also know when balance is needed. Family is very important to me, and I try to spend as much time with them as much as I can. I enjoy making people laugh whenever I can, and I believe laughter is one of the most important ingredients to a happy life although my sense of humor can be a bit dry and sarcastic from time to time.

What are your interests and talents?

I am a huge sports fan especially football and baseball. I played football in college, and after I was done I began doing competitive Olympic weightlifting. I enjoy being outdoors as much as possible, specifically hiking with my dogs, because that's where I find my spirituality. I love the city life, but I believe everyone needs to get away from the concrete and experience what nature has to offer. I am extremely passionate about music. I love all genres, and I taught myself

how to play guitar. I have a very diverse music library ranging from classical music all the way to hip-hop. I enjoy reading books about U.S. and Sports History. I believe understanding our past is a direct reflection of where we're at today, and learning about the past can help us better the future. My biggest interest is helping people reach their goals through positive motivation. My experience as a teaching assistant in college helped me understand my true passion for helping people better themselves whether be it in a classroom or in a gym.

What are some of your goals and ambitions in life? Where do you see yourself in 5 or 10 years?

The most important thing to me is to be happy. I don't need to make millions of dollars, but knowing that I made a long lasting, positive impact on people's lives will give me that happiness. In 5 years I want to continue being a successful business owner, and continue to help people reach all of their goals that they set their minds to. I also want to be able to help my family since they have helped me in reaching my goals. Again, I want to continue to place the value on close, personal relationships instead of money and objects.

How would you describe your skills and interests in the following areas?

Math: Average skills, but I don't have a lot of interest in math.

Mechanical: I love building things with my hands and seeing a plan developing into action. I had the opportunity to do this by building a gym from the ground up.

Athletic: Huge sports fan and do competitive Olympic weightlifting. I believe athletics provides many teachable lessons that can transfer over into everyday life.

Musical, Artistic, Creative: Love creating new things, and discovering new music. Again, I am a fan of all genres of music from classical to hip-hop. I respect the creativity that the artist put into their craft.

Language (what languages besides English do you speak?): None

Writing: Extremely proficient in writing, but I don't apply it as much as I should. I loved to read as a child and I believe that caused me to be a solid writer.

Literature: I enjoy reading U.S. and Sports History, but I don't read as much as I should. The majority of my reading is now focused more on fitness and sports performance where I can learn about innovative techniques to help people reach their goals.

Science: Very interested in science, and I use it to better myself personally and professionally. Again, discovering innovative fitness and sports performance methodologies is very interesting to me, and I believe the scientific aspect of it has be the way you approach bettering oneself physically.

Please list a few of your favorite:

Movies: Caddyshack, Wedding Crashers, The Notebook, Once, Cray Stupid Love.

Books/Authors: Toughness by Jay Bilas, Monsters by Rich Cohen, What's My Name, Fool by Dave Zirin, No Easy Day by Mark Owen, Eleven Rings by Phil Jackson.

Albums/Musicians/Performances: Mumford and Sons, Hozier, The Oh Hello's, Hall and Oates, Drake, Rick Ross, George Strait, Cody Johnson Band, Florence + The Machine.

What are a few of your reasons for becoming a sperm donor?

I am very passionate about helping people. I know that having children is a blessing, and if I can help people achieve this goal then I will. I am not ready to have children on my own at this time, but I want to help people who will provide children with a loving and caring life.

Did you choose to be an Identity-Release® Program donor?

Yes No

Why did you make this choice?

I wanted to give the family and offspring the opportunity to reach out if they had any questions. I think it's very important for everyone to have a clear understanding of who they are and where they come from. If this means they want to reach out to me then I am completely for it. This is a big decision from both parties, and an open line of communication is critical if the offspring wants to reach out.

Is there anything else you would like to share with participating families and offspring?

I understand how big of a decision this is, and I hope you find all of the qualities you are looking for in a donor.



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

HEALTH PROBLEMS DONOR 5126

FAMILY MEMBER	HEALTH PROBLEM	TREATMENT/RESOLUTION
Sister	Allergies <i>Pollen</i>	Age at onset/diagnosis: 9 Treatment: Outcome:
Mother	Skin cancer <i>Basal cell</i>	Age at onset/diagnosis: 30 Treatment: Surgical removal Outcome: Resolved
Father	Allergies <i>Dog dander</i>	Age at onset/diagnosis: 12 Treatment: OTC medication Outcome: Resolved
Maternal Grandmother	Lung Cancer	Age at onset/diagnosis: 51 Treatment: Chemotherapy Outcome: Cause of death at 51
Paternal Grandfather	Colon cancer	Age at onset/diagnosis: 75 Treatment: Chemotherapy Outcome: Cause of death at 75
Paternal Grandmother	Heart failure	Age at onset/diagnosis: 88 Treatment: None Outcome: Cause of death at 88
Maternal Aunt #1	Thyroid disease <i>Hyperthyroidism</i>	Age at onset/diagnosis: 38 Treatment: Surgery Outcome: Resolved

The above family medical history information has been self-reported by the donor. We work with each donor to obtain as complete and accurate information as possible, but we are unable to completely rule out the existence of other health information that is not known, or that remains unreported to us.

As a board certified genetic counselor, I have reviewed this donor's family medical history for identifiable patterns of inheritance that may place the donor or his biological offspring at increased risk for certain health problems. ("Increased risk" is risk that is greater than the risk in the general population).

Upon review of the available family medical history information from this donor, the risk for similar health problems occurring in offspring is not expected to exceed the risk in the general population.

Cynthia Kane, M.S., C.G.C.
Genetic Counselor