



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

INTERVIEW NOTES: 5283

Donor 5283 is a man out to change the world for the better. He is unequivocally passionate, motivated, and incredibly intelligent. He came to our interview wearing a fashionable gray hoodie with a dark gray shirt, jeans, and hiking boots. He has very blue eyes, dark blond wavy hair and a scruffy but groomed beard. He resembles Jamie Dornan, but with a less square jaw and sharper features. He has a slight build and is someone who is obviously very physically active. He started the conversation talking about his many passions and interests. He shared his ideas about helping other people; *doing good*. His flashing, beautiful, light eyes and almost constant smile make him very--perhaps unknowingly--charming.

5283 grew up on the East Coast in a rural town that had, as he puts it: *a surprisingly great school*. He was raised as an only child until he was 10 when his parents adopted another child. He admits that when he was young, he was pretty socially awkward. He spent a lot of time constructing things with Legos, spending time with his grandparents and aunts, learning programming from his uncle, and playing chess with his dad. He came into his own socially in high school when he began to play team sports. He likes to play soccer, but really excelled in track and field. He has a high level of endurance and was even on the varsity team for Cross Country and Track all through high school. Later on in life, he got into *parkour*. *I like parkour as a more efficient means of moving through the world*. He is not as interested in the fancy tricks and flips as an aspect of parkour, he just likes to move quickly.

Donor 5283 has a huge thirst for knowledge and a strong motivational drive to acquire it. In high school he wanted to be a *Renaissance Man*, but realized over time that in order to really learn something, he needed to focus his attention on fewer topics. After high school he attended a military academy, but he quickly found it was not a good fit for him and the life goals that he had. He later transferred to another college where he studied Engineering.

Donor 5283 identifies himself as an *autodidact*, a self-teacher. He is always trying to teach himself something new and live in such a way that he can *do the most possible good*. He has taught himself algorithms for decision-making, long-term planning, and social skills for business negotiations. Donor 5283 truly wants to save the world, and he has focused his life on trying to figure out how he can best be of service in this way. He has worked as a data scientist for charity organizations, and worked toward creating educational start-ups. His interests are now leaning more toward policy-making. 5283 is also very interested in artificial intelligence and the multifaceted applications there are for it. He is interested in gathering more ethically-motivated people from around the world to work on artificial intelligence and wants to work towards setting ethical standards for new technologies.

5283 is highly motivated to keep learning, *always*. He told us that he works to align things that he enjoys with learning new skills and bettering himself. He plays progressively difficult games and puzzles, listens to audio books while exercising, and constantly challenges himself to get to *the next level*.

Altogether, this donor is very committed to an altruistic, ethical life. He is wonderful, precious, nerdy (in the most adorable sense of the word), attractive, a fast talker, a future planner, detail-oriented, and committed.

Lauren & Marisa 9/20/16



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

DONOR PROFILE: 5283

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor **5283** is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in **March 2017**

PERSONAL INFORMATION

- Identity-Release[®] Program: **Yes**
- Month/year of birth: **December, 1991**
- Education: **Bachelor of Science, Engineering**
- Current occupation: **Engineering Coordinator and Data Scientist**
- Ethnic origin: **German, Scottish, Irish**
- Religion: **Agnostic**

PHYSICAL CHARACTERISTICS

- Height: **5'11"**
- Weight: **145**
- Hair color: **Light brown**
- Hair type: **Wavy**
- Eye color: **Blue**
- Complexion: **Fair/creamy**
- Body type: **Medium**
- Blood group/Rh: **A+**
- Baby photo available: **Yes**
- Other distinguishing features:

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: **D: Augmentin (antibiotic) at 6, treated with avoidance, resolved; pollen at 14, treated w OTC meds, resolved. M: Pollen in teens, no treatment, resolved.**

Blood: **F: Anemia (mild) at 18, treated with diet change, resolved.**

Breast Cancer: **MA at 51, treated with surgery, cause of death at 54.**

Gastro-intestinal: **F: Appendicitis at 14, treated w surgery, resolved. MGF: Crohn's disease at 40, treated with surgery, managed. PU1: Stomach cancer at 54, no treatment known, cause of death. MGF: Gallbladder disease at 78, treated with surgery, resolved. MGM: Abdominal cancer (adenocarcinoma) at 80, treated with chemotherapy, cause of death. Genital/Reproductive: M: Early menopause at 43, no treatment, managed. MGM: Uterine fibroids at 60, no treatment, managed. MGM: Ovarian cysts, no treatment, resolved.**

Heart: **MGF: Heart attack at 78, treated with hospitalization, managed until death. PGM: Heart attack at 73, no**

treatment, cause of death. PU2: Heart murmur, no treatment, managed. PGF: Stroke at 84, treated with hospitalization, recovered.

Metabolic/Endocrine: F: Type 2 diabetes, treated with diet change, managed. PGM: Type 2 diabetes at 62, none known, managed until death.

Neurological: MA: Migraines at 40, treated w diet change, resolved.

Respiratory (Lungs): MGF: Emphysema at 50, no treatment, ongoing. PGF: COPD at 73, no treatment, ongoing until death.

Sight/Sound/Smell: PGM: Hearing loss at 40, no treatment, ongoing until death. D: Right eye: 20/20, Left eye: 20/20.

Cancer (see above): MGM: Abdominal cancer, MA: Breast cancer, PU1: Stomach cancer.

Other: F: Depression at 50, no treatment, ongoing.

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: 5283

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

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

Goal oriented, ambitious, and conscientious:

When I was a little kid I made really long silly ambitious plans like to become president and improve the economy or a become a 4 star general and enact humanitarian military reforms. I still have this leaning toward ambition, but I am a bit more realistic now about planning.

In college I built an elaborate system of alarms and trigger action plans to make sure I got a lot of things done without burning much of my attention or ability to empathize in the moment.

I ran everywhere in college to save time and get exercise. When there aren't social costs to doing so, I still do this now Over time I deliberately adjusted my sources of happiness and fun to be more productive. For example, my tastes in games became more strategic and athletic over time to increase intelligence and health.

Extroverted with high trust friends, more self-contained in other environments

I grew up in a high trust environment and I love high trust environments where I can be very excited, social, and not punished for honesty. When around people I didn't like or trust as a kid I was pretty self-contained and good at listening/not being annoying.

Philosophical, interested in many ideas and topics

I tried to develop my own ethics system in high school and thought out a lot of my own norms in terms of ethics. The general lesson that came from this was that being very responsive and intelligent matters a lot for helping people (not being a bystander, compound interest from early actions, preventing disasters etc.) so this informed the development of a lot of my norms.

This drive toward ethics also determined my interests: what technologies can help people the most? What are the best ways to run the government to help people? I always wanted to be a renaissance man, and just build whatever skills I thought would be the most useful for helping others, which led me to change my mind many times and learn about a lot of fields.

Calm, stable, and stoic leaning

I have been rather happy and had very high emotional stability since early college. I am good at enduring things that are uncomfortable for long periods of time (running, training, etc.)

Agreeable, altruistic by default

I like cooperating with others a lot, and have an impulse toward doing nice things every time the cost to me is low or negligible (this is especially true with driving). It took me a very long time to become more cautious in cooperation to avoid being taken advantage of.

What are your interests and talents?

Interests: A lot of my biggest interests are in ethics, technology, and government. I like making systems more efficient, to help people.

Ethical interests: Consequentialism and helping those in the future, what ethical norms are best to spread, animal welfare

Technology interests: Gene drives for eliminating mosquitoes, how effective non-lethal weapons would change war, how artificial intelligence has applications to almost every subject and will have a massive impact on the future, better transportation

Government interests: What are the most important things to fix in government to help a lot of people? How do you give good competent people more control without increasing the risk of abuse by others or public discontent? What neglected subjects would allow lobbyists to bypass bipartisan disagreement, and just start making things better? What interventions and taxes produce the most efficient economy?

Talents: I have talents mostly in engineering/design, strategy, coordinating groups of technical experts, and athletics.

Design: As a kid, I built a lot of things with Legos, and loved making snow forts and sand castles. In college I built a small hovercraft, designed infrastructure systems that were installed in developing countries by nonprofits, and prototyped a non-lethal weapon to try to replace/reduce the use of firearms. More recently, I have been good at designing data structures and systems for reducing the chance of errors in data collection or decision making.

Strategy: I was very good at strategy games as a kid, I would often try to play beyond the intent of the game and do things like minimize death in war games. In athletics, I'd often beat people stronger than me via strategies involving speed, ergonomics, and agility in making decisions.

Social Coordination: I have always been good at making friends with a lot of intelligent people and resolving disagreements. This has been nice for coordinating scientists focused on policy, for trying to network people to impactful jobs, and finding possible recruits and partners for start-ups.

Athletics: As a kid I liked soccer, juggling, and skim boarding though I wasn't great. I became a lot stronger toward the end of middle school and became better at balance and endurance sports. I made varsity in cross country and track every year in high school, and became good at parkour in college/after leaving the military.

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

I'd like to make the world a lot better place, with high levels of wellbeing assured into the far future. 5 to 10 years from now I'd either want to be running a new start-up or working in an influential think tank or research organization. In the shorter term this means continuing to develop start up ideas with friends and working on bringing them to fruition, learning more about machine learning, and learning more about government via expanding my network at federal agencies and nonprofit think tanks.

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

Math: I learned math beyond differential equations in college. I rarely make mistakes, but my reasoning is slow and methodical. I am good at deriving equations from first principles, but bad at making intuitive leaps without a great deal of studying.

Mechanical: I am naturally good at and inclined toward engineering. I surprised college professors on an engineering project by making a reliable payload arm that used mechanical logic and did not require any digital programming. I am good at simulating how mechanical objects will operate in my mind.

Athletic: My fitness is rather lean; I don't have a lot of muscle bulk. My fastest mile run was in less than 5 minutes. I beat the competitive scores in military testing starting in late high school. I am good at endurance running with heavy equipment, swimming, climbing, parkour, and grappling.

Musical, Artistic, Creative: Most of my creativity and aesthetic senses are wrapped up in engineering, strategy, and physical activity. A lot of my drawings as a kid were designs for things, or motivational. I never liked art for its own sake: buildings that weren't efficient seemed tainted to me, as did flashy parkour moves that aren't good for getting places faster.

Language (what languages besides English do you speak?): Most of my fluency is with programming languages. I have learned some Japanese, French, and Latin, but do not speak them.

Writing: Most of my good writing has been technical writing or explaining things. I am naturally inclined to condense complex ideas so that less technical people can understand them. I often felt this was the best way to prove I knew what I was talking about when trying to meet people in a new field.

Literature: I was not a fast reader, but my comprehension was at a high level. I enjoyed reading mostly non-fiction, especial about economics, poverty, rationality, and psychology.

Science: I was a good science student in school and got a medal in one of my state's competitive science challenges. I get along well with scientists, and have participated in volunteer research with scientist friends using data science and outcome modeling.

Please list a few of your favorite:

Movies: Schindler's List, Princess Mononoke, Mulan, The Dark Knight, Star Wars V, Ender's Game

Books/Authors: Thinking Fast and Slow, Superintelligence, Why Nations Fail, Sword of Good

Albums/Musicians/Performances: Epica (Storm the Sorrow), Muse, Hans Zimmer, Origa (Rise, Inner Universe), Incubus, WaW (Black Cats Theme), Linkin Park

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

- I am a really happy, healthy, and stably motivated person. Some part of that is probably genetic, and I'd like there to be more happy, healthy, and stably motivated people in the future.
- Additional income either allows me to donate more to charity and good projects, or to have a longer runway and better equipment if I tackle more ambitious start-up ideas myself.

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

Yes No

Why did you make this choice?

I want to give your kids an option to get to know me if they want. I'd love to see how your kids turn out, and what interests and skills they have developed if they are interested in meeting me.

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

The earlier one develops things like good ethics, health, rationality, mathematical skill, and a good world view/model the more you can do later in life, and the less likely you are to commit to a bad plan. I'm really glad I spent a lot of time philosophizing as a child, and that my parents raised me to care a lot about intelligence and helping others, but I could have developed much faster and been on a better track faster if I also found more ambitious friends and smart mentors when I was young. Community is very important, and it took me a very long time to find the right kind of community.



Reproductive Technologies, Inc.

THE SPERM BANK OF CALIFORNIA

HEALTH PROBLEMS DONOR 5283

| FAMILY MEMBER | HEALTH PROBLEM | TREATMENT/RESOLUTION |
|-----------------------------|--|--|
| Donor | Allergies <i>Augmentin (antibiotic)</i> | Age at onset/diagnosis: 6 Treatment: Avoidance Outcome: Resolved |
| | Allergies <i>Pollen</i> | Age at onset/diagnosis: 14 Treatment: OTC meds Outcome: Resolved |
| Mother | Allergies, mild <i>Pollen</i> | Age at onset/diagnosis: Teens Treatment: No treatment Outcome: Managed |
| | Early menopause | Age at onset/diagnosis: 43 Treatment: No treatment Outcome: Managed |
| Father | Appendicitis | Age at onset/diagnosis: 14 Treatment: Surgery Outcome: Resolved |
| | Anemia <i>Mild</i> | Age at onset/diagnosis: 18 Treatment: Diet change Outcome: Resolved |
| | Type 2 diabetes | Age at onset/diagnosis: 60 Treatment: Diet change Outcome: Managed |
| Maternal Grandfather | Crohn's disease | Age at onset/diagnosis: 40 Treatment: Surgery Outcome: Managed |
| | Depression | Age at onset/diagnosis: 50 Treatment: No treatment Outcome: Ongoing |

| | | |
|-----------------------------|--|--|
| Maternal Grandfather | Emphysema <i>Smoker</i> | Age at onset/diagnosis: 50 Treatment: No treatment Outcome: Ongoing |
| | Heart attack | Age at onset/diagnosis: 78 Treatment: Hospitalization Outcome: Managed until death |
| Maternal Grandmother | Ovarian cyst | Age at onset/diagnosis: 35 Treatment: No treatment Outcome: Resolved |
| | Uterine fibroids | Age at onset/diagnosis: 60 Treatment: No treatment Outcome: Managed |
| | Gallbladder disease | Age at onset/diagnosis: 78 Treatment: Surgery Outcome: Resolved |
| | Abdominal cancer <i>Adenocarcinoma</i> | Age at onset/diagnosis: 80 Treatment: Chemotherapy Outcome: Cause of death |
| Paternal Grandfather | Stroke | Age at onset/diagnosis: 84 Treatment: Hospitalized Outcome: Recovered |
| Paternal Grandmother | Hearing loss | Age at onset/diagnosis: 40 Treatment: No treatment Outcome: Ongoing until death |
| | Type 2 diabetes | Age at onset/diagnosis: 62 Treatment: None known Outcome: Managed until death |
| | Chronic obstructive pulmonary disease <i>COPD</i> | Age at onset/diagnosis: 73 Treatment: No treatment Outcome: Ongoing until death |
| | Heart attack | Age at onset/diagnosis: 73 Treatment: None Outcome: Cause of death at 73 |

| | | |
|--------------------------|---|---|
| Maternal Aunt | Migraines | Age at onset/diagnosis: 40 Treatment: Diet change Outcome: Resolved |
| | Breast cancer | Age at onset/diagnosis: 51 Treatment: Surgery Outcome: Cause of death at 54 |
| Paternal Uncle #1 | Stomach cancer | Age at onset/diagnosis: 54 Treatment: None known Outcome: Cause of death |
| Paternal Uncle #2 | Heart murmur <i>Secondary to rheumatic fever</i> | Age at onset/diagnosis: 14 Treatment: No treatment Outcome: Managed |

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