



Reproductive Technologies, Inc.

# THE SPERM BANK OF CALIFORNIA

## INTERVIEW NOTES: 5113

Donor 5113 has gentle blue eyes, a strong jaw, an athletic frame, and broad shoulders: the ideal body of a champion swimmer. He is altogether a very handsome man. When he came in, his brown hair was strategically tousled on top and neatly trimmed on the sides, and his face was clean shaven. Upon meeting him he greeted me with a warm, authentic smile, the kind that shows through the eyes. He is one of the most mature and solid donors I have met. As he spoke about his life, he exuded an affect that made me feel instantly as though I was *his friend*. He was like someone you would want to be on your team, or in a lifeboat with. He is the kind of guy that you seem to know will have your back; who is not afraid of the unknown. He is a favorite among the staff, always polite and has written one of the best personal narratives we have come across.

Donor 5113 was born on the border of two towns on the east coast. His entire childhood he lived in the same house, with many fond memories playing with other kids on the street, making lasting friendships with his neighbors. Although his parents now live the *snowbird* life, he still can go back to visit his childhood home. When he was growing up, his mother had a *House Rule*: Each child must attend swim camp over the summers from age 7 to 12. Donor 5113 believes that this rule existed in part to teach his sister and him how to swim, and also to *get them out of the house over the summer*. He quickly took well to swimming, and by age 8, he was the fastest swimmer on his team. He claims that his sister, who is also a superb athlete, *more naturally talented than motivationally talented*, is actually a better swimmer than he is. He says that she seems to be able to succeed at any sport or activity that she does with little effort and has had much success. Donor 5113 has a similar gift, but has a strong motivational drive to test his limits, and so will work to make it to championships. It is this competitive drive that led Donor 5113 to compete at a very high level after that; winning many championships, and even racing against Olympic gold medalists. He continued to swim in college, competing at Division 1 Level all four years.

Although he swam most of his younger life, these days Donor 5113's sport of choice is running. He has completed many marathons, and has qualified for the Boston Marathon. He loves to take on a challenge. Once, during a casual conversation, a co-worker of his dared him to complete an *Iron Man* triathlon. With little training, he took on the dare and fulfilled the challenge. After that he went on to complete many more *Iron Mans*, even traveling to Australia with his sister to complete one together. He said that he is done with *Iron Mans*, and that he may just stick to marathons, aiming to re-qualify for the Boston Marathon again one day.

Donor 5113 has an instinctive draw toward math and science. He comes from a long family history of engineers and had early exposure to scientific concepts. He told me that he likes these subjects *because they are concrete*, that literature has *too much subjective interpretation* for him, and though he performs these well, they have never been his favorite. In college he majored in Computer Engineering and tacked on a double major in Economics just because he *thought it was interesting*. After college, he jumped right into a job as a coder in the health care industry. He quickly found that this type of isolated work did not mesh well with him, that he longed for a more interpersonal connection and personal meaning to his work. He therefore returned to school where he received his MBA in Healthcare and switched into management from the coding environment. He loves what he does now, working in a field where he can apply his great interpersonal and communicative skills alongside with talents in the computer science area.

Altogether, Donor 5113 is a mature, solid, grounded, secure man. He is passionate about his work and it shows in his successes. He is goal-oriented, a linear thinker, and at ease with himself. He has solid relationships with his family, he feels very close even though they live a great distance away. He is a donor for very altruistic reasons, and truly wants to help people. I thoroughly enjoyed my time with this wonderful man and am happy that he has chosen to be a part of our program. *Interviewer: Lauren A. Date: 5/1/15*



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## DONOR PROFILE: 5113

The past and current personal and family medical history, physical examination, and laboratory test results determine that donor 5113 is eligible and approved for semen donation at THE SPERM BANK OF CALIFORNIA. This profile was prepared in February 2016.

### PERSONAL INFORMATION

- Identity-Release<sup>®</sup> Program: **Yes**
- Month/year of birth: **08/1980**
- Education: **B.S., Computer Engineering & Economics, M.B.A.**
- Current occupation: **Product Manager**
- Ethnic origin: **German, French**
- Religion: **Agnostic**

### PHYSICAL CHARACTERISTICS

- Height: **6'1"**
- Weight: **180**
- Hair color: **Medium Brown**
- Hair type: **Straight**
- Eye color: **Blue**
- Complexion: **Fair/Rosy**
- Body type: **Large**
- Blood group/Rh: **O+**
- 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: Allergies (cat dander) at 14, treated with avoidance, resolved.** **MCo: Allergies (cat dander, pollen) at 14, treated with avoidance, managed.**

Breast Cancer: **PGM: Breast Cancer at 63, no treatment (by choice), cause of death at 63.**

Gastro-intestinal: **M: Appendicitis at 19, treated with surgery, resolved.** **MGF: Colon Cancer at 72, treated with surgery, resolved.**

Genital/Reproductive: **MGF: Prostate cancer at 74, treated with surgery, resolved.**

Heart: **M: High blood pressure at 50, treated with diet change and weight loss, resolved.** **F: High cholesterol at 60, treated with medication, managed.** **MGF: Congestive heart failure at 93, no treatment (died in sleep),**

cause of death at 93. PU#1: High cholesterol at 48, not treated, ongoing. PU#1: High blood pressure at 56, no treatment, ongoing. PU#1: Heart attack at 58, treated with surgery and medication, resolved.

Metabolic/Endocrine: **F: Type 2 diabetes at 58, treated with medication, ongoing and managed.**

Muscles/Bones/Joints: **M: Osteoporosis at 62, no treatment, ongoing and managed.**

Neurological: **S: Seizure disorder at 13, treated with medication for five years, resolved at 18. PGF: Alzheimer disease at 64, treated with nursing home care, cause of death at 80.**

Sight/Sound/Smell: **D: Right eye: 20/20, Left eye: 20/25. F: Hearing loss at 58, treated with hearing aid, ongoing.**

Skin: **D: Acne at 14, treated with medication, resolved. MCo #1: Acne at age 14, treated with medication, resolved by 15.**

Cancer (see above): **MGF: Colon Cancer MGF: Prostate Cancer PGM: Breast Cancer**

Other: **M: Knee pain at 65, treatment with bilateral knee replacements, resolved.**

## DONOR LAB RESULTS

Chlamydia: **Not Detected**

Gonorrhea: **Not Detected**

Syphilis: **Non-Reactive**

HIV 1 & 2: **Non-Reactive**

CMV total antibody: **Positive**

Hepatitis B: **Non-Reactive**

Hepatitis C: **Non-Reactive**

HTLV 1 & 2: **Non-Reactive**

Urinalysis: **Normal**

Chem panel: **Normal**

CBC: **Normal**

*\*CMV IgM is negative/IgG positive. This combination shows a historic CMV exposure and donor is presumed to currently be non-infectious*

## 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: 5113

*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.**

It's always fun being asked to describe yourself when you aren't able to see the person you're describing yourself to and engage in actual dialogue! But I'm up for the challenge. At a very high level, I'd describe myself as easy-going and funny, but at the same time highly competitive and analytical. Meet me in a social setting at a restaurant or a party and you'll see the easy-going and funny parts. Meet me at work, or at an athletic event and you'll see the competitive and analytical components.

If you're familiar with Myers-Briggs, I continually test as ENTJ – Extrovert (vs. introvert), iNtuitive (vs. Sensing), Thinking (vs. Feeling) and Judging (vs. Perceiving). I think this is in general very accurate. I'm a moderate extrovert - don't expect me to be the life of the party, but don't expect me to sit quietly as a bystander either.

I'm VERY intuitive (reasoning and deduction is a strength of mine), I can be guilty of over thinking things at times, and I am not afraid to make a decision when one needs to be made.

When summed up, Myers-Briggs says ENTJs align with an "executive" profile which I agree with from an internal thought process perspective – the way I think about things and the way I make decisions is very aligned with an ENTJ personality type. I'm very goal oriented and inquisitive. When I don't understand things I ask about them, and if I think they don't make sense, I say so.

That said – from an external perspective when I meet people, I come across as friendly, laid-back, and affable. I carry a perpetual smile on my face, make a lot of jokes, laugh with others, and am a definitive "people person". I believe strongly that until I am given a reason to think otherwise, that everyone I meet is someone I should consider my friend. I'm often described as "the nicest guy ever". I'm not entirely certain that's true, but I do agree that I come across that way.

I have an observational sense of humor – life throws visual puns at us all the time, and I tend to be the first to catch them and comment on them. A few years back, I passed a dry cleaners somewhere called "Martini Cleaners". I'll see a sign like that and then be the first guy to make a joke about how I don't like dirty martinis, and how relieved I am that I now know where to take my dirty martinis to have them cleaned.

I'm also very competitive and appreciate people who are similarly competitive in nature. I swam competitively all throughout childhood and was a division 1-scholarship swimmer in college. Nowadays I run marathons (have qualified for Boston twice) and triathlons (have done 3 Ironman triathlons... although I think I'm retiring from full distance Ironman events at this point in time in my life!). Some of my best friends from childhood are the people I competed against. The "work hard, play hard" mentality is one that resonates with me, and correspondingly is something I seek out subconsciously in my friends / peer group.

My family and friends mean the world to me, though at the same time I'm not the type of guy who needs to talk to them every day in order to feel involved and like they're a part of my life. My sister lives in Europe. If there was ever anything that I thought she needed help with I would instantly drop everything and fly to Europe to help her out. That said – my sister is a highly capable person and since she doesn't need my help right now, we chat once every other week or so and hang out at Christmas and holidays.

I have a diverse group of friends, and am usually the guy who bridges multiple social groups. In college I was friends with the jocks, the nerds, the artsy kids, etc. There was no one core group I identified with the most, but I enjoyed (and still do) floating between different social groups.

## What are your interests and talents?

It's both a blessing and a curse that I find myself interested in the vast majority of things. I personally spend a lot of time outdoors, playing sports, training for marathons/triathlons, and hanging out by the beach. I enjoy good wine and good food, although my ability to cook is limited (I'm good with a grill, but not much else in the kitchen). I like going to concerts and outdoor festivals (Outside Lands in SF each summer is one of my favorite events).

On top of that - I'm fundamentally interested in anyone who's really passionate about something, regardless of whether I myself find that topic interesting. i.e. – I don't spend anytime myself thinking about opera or going to

opera or the like. But if I met someone who was a professional opera singer for his/her career, I would be fascinated and would instantly want to know everything about them and how they got to that place in life.

Talents – I'm athletic, I'm usually described as being very smart, and I'm strangely very good at word games like scrabble. I run marathons and have qualified for Boston a couple of times. I'm also good at presentations – I've been successful at work in large part due to my abilities here and my abilities to communicate effectively and relate to different people / audiences.

I like watching college sports, though not professional ones all that much. I was a college athlete and so I think I relate well to the lifestyle / mindset of a college athlete and therefore enjoy watching college sports. But – I don't understand what it's like to be a professional football player who makes many millions a year, so I tend to not focus on professional sports as much.

I'm terrible at trivia. You really don't want me on your team at trivia night or when watching jeopardy. I'm exceptional at organizing – need someone to plan the 120 person family reunion and make sure that everyone gets in at the right time and has fun? I'm your man. Want me to plan trivia night? I'll do it – but I'll just make sure that I'm not actually on the team that's competing!

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

I've been fairly career oriented my entire life, and have enjoyed enough success in that area that I'm now starting to deprioritize career and up-prioritize friends and family. 5 years ago if you'd asked me what motivates me, I would have said achieving a particular career title. Now – while I enjoy my career and will continue to make it a priority, if you told me 10 years from now I'd have the same title I have now, but had really enjoyed the last 10 years of my life and built and cultivated great relationships during that time, that would be a huge win in my book.

That said – there are some things I'd like to have done in 10 years. I'd like to have lived abroad in either Europe or Australia/New Zealand for a while. I'd like to see my family grow – I don't have children, but perhaps will or perhaps my sister will. I'm very into travel and exploring cultures that I know nothing about (my favorite trip ever was to Madagascar where I was able to spend 3 weeks with a good college friend who had joined the peace corps and lived in Madagascar for 2 years prior and so totally knew the area). Related – I'd like to perfect a foreign language. I'm decent with French and would like to get better in addition to picking up Italian or Spanish. So much of culture requires having language skills greater than my own, and so I'd love to progress in that area.

Oh – and I've had continual plans of knocking out a wall in my house to create more open space that I have yet to implement on in several years. I hope I finally get to that!

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

**Math:** Quite strong – I took calculus as a junior in high school, majored in engineering and economics in college, and put a lot of quantitative rigor into my work currently. I love math, and I love using it to solve practical problems (my favorite math moment ever was when my calculus teacher showed us how to use calculus to run the most profitable lemonade stand you could. While I was a little too old to be running lemonade stands, the practical application made perfect sense). This one's instinctive.

**Mechanical:** Medium – the engineer in me understands how everything works on paper diagrams, but I'm not as handy in the real world. I can swap out a ceiling fan, change the gas tank on the grill, and maybe wire your house for surround sound on a really good day, but that's about it.

**Athletic:** I'm fast and I'm strong, so if you pick a sport that requires me to be fast I usually win, if you pick a sport that requires me to be strong I usually win, and if you pick a sport that requires me to be both fast and strong at the same time, I'll dominate (I was a division 1 scholarship swimmer). That said – while I can catch, aim has never been my forte. So I'm not your greatest basketball player or bowler; I enjoy and am decent at tennis, soccer, and football; and I am a very competitive runner/swimmer/triathlete.

**Musical, Artistic, Creative:** I'd say I have a musical mind, but not a musical soul. I can site read piano music, I can play the guitar and the trumpet, and I'm better than the average guy at karaoke. That said – I would never be able to compose or create music in any meaningful way, and I'm not much with a paintbrush although I do appreciate art as a whole.

**Language (what languages besides English do you speak?):** I'm fluent in English and proficient in French. I travel to Europe a lot for work, so I've become quite good at picking up "the 100 most important words to get around in a language", but none of it sticks.

**Writing:** I like writing and am very good at both comedic, and technical writing. I'm also quite the story teller, though my stories have to be either comedic, or adventure / action oriented in nature. There's no Jane Austen in this guy, and 17<sup>th</sup> century European commentary or the rise and fall of communism in China are unlikely to be things I ever write about.

**Literature:** This is very aligned with my writing preference – Literature either does or doesn't appeal to me based on whether I can relate to the subject matter. "The Catcher in the Rye" is about a guy named Holden Caulfield trying to find his way in middle America – I can relate to that so I enjoy it and correspondingly, it's one of my favorite novels. In contrast - Shakespearian comedies tend to make jokes that are related to the state of British court in the 16<sup>th</sup> century... which I don't relate to very well, so I don't enjoy Shakespearian comedies as much.

**Science:** I love science. I took advanced placement (i.e. college level) physics, chemistry, biology, and math while in high school and continued that trend in college. While I am not a scientist professionally by any means, I do work in an industry where you have to understand science in order to be successful. By personal preference - I will not ever work in an industry where that is not true.

### Please list a few of your favorite:

**Movies:** The Thomas Crown Affair (the remake), Dodgeball, EuroTrip, Back to the Future, Star Wars (the original episodes), Basic Instinct. I'm also a big fan of those movies that have a huge plot twist at the end that you never see coming – The Game, The 6<sup>th</sup> Sense, etc.

**Books/Authors:** The picture of Dorian Grey, Dune, Cloud Atlas, Crime and Punishment, Catcher in the Rye. When I was a kid, I loved The Westing Game.

**Albums/Musicians/Performances:** I like pretty much all music excluding heavy metal and heavy rap, mostly I just want the music that's being played to align with the overall environment. So I want Jazz at a jazz club, I want easy listening / pop when I'm driving into work, and something slightly rowdier when I'm out at dinner or a bar. When hanging out at home – I'll usually put on a random playlist, but Mumford and Sons, 90s Dave Matthews, Death Cab for Cutie, F.U.N., and Tom Petty show up on those playlists a lot right now. I recently completed a flashback-binge on Smashing Pumpkins from my youth.

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

I'm very close to my family members – but not geographically. I live in California, my parents are on the east coast and my sister lives in Europe. While I get to see my family enough to keep me happy, this geographic distance makes me distinctly aware of how important it is to put effort into family and family relationships.

I hope to have my own family someday. While I'm not certain that that will happen, what I am certain can happen is I can make family a possibility for couples who otherwise wouldn't be able to. That's meaningful to me, and I'd like to support that.

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

Yes  No

### Why did you make this choice?

It's part of humanity to be curious about where you came from. I spend time looking at my family tree, have walked in the neighborhoods where my great grandparents grew up (even though I never knew either of them) and have researched the parts of Europe that my family originally came from.

I wouldn't want to deny anyone the ability to learn about where they came from, as I have been able to, if they so desired. Correspondingly I am happy to be an Identity-Release Program donor and should anyone reach out to me in 18 years, I would be more than happy to have a conversation.

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

I'd like to share my well wishes!! To the families reading this right now trying to make what I'm sure are incredibly challenging but meaningful decisions about the future, congratulations to you and best of luck with everything you're undertaking! To any future offspring I'll say "welcome to the world, and I would love to meet

you when you're 18 if that's something you'd like to do" All in all – I wish you all the best in this process. Good luck!!!