



**NEW TRAVEL SECTION**  
WHEN IN PARIS . . .



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**OUR SEASONAL RECOMMENDATIONS**  
*SPECIAL SELECTIONS*

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# THE RENAUD SOCIETY SEASONAL WINE JOURNAL

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*JOURNAL DES VINS DE SAISON*

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## Travel: The Paris Wine Museum, Home of Your F.I.C.B., Welcomes You!

Aside from the humble baguette, there is perhaps no other staple more common in French homes than the bottle of wine. Parisians have the luxury of choosing among hundreds of different varieties of wine on a daily basis, which took more than two thousand years of expertise to develop.

But how much do most of us know about the complex history and painstaking work behind the delicious reds, whites or sparkling wines we enjoy? Enter the Wine Museum in Paris (*Musée du Vin*): a small but intriguing collection that does its best to both educate and inspire. Built within limestone quarries from the Middle Ages that once served as cellars for the Minims monastery, the museum's underground collections hold more than 200 wines, as well as thousands of historical artifacts.

Informational panels within the collection illuminate how reds, whites, rosés, champagne and cognac were— and still are—produced.

They additionally highlight how generations of vintners, sommeliers, coopers and wine experts have refined their techniques to produce France's most prestigious wines.

The exhibit pays tribute to their professions, while also displaying traditional and sometimes eclectic vintnering tools, many of which are no longer in use.

After viewing the collection, visitors can sample a glass of wine from the museum's own vineyard, *Chateau Labastidié*, located in southwest France. The site is also equipped with three vaulted cellar rooms that serve as a restaurant where not only dinner, but wine and cheese tastings are offered.

Walking into the museum, visitors are immediately overtaken by the density of the collection and its medieval *caves* (cellars). After winding through a portion of the impressive limestone tunnels, a massive set of machinery which was once used to produce cognac comes into view.

Visitors are given an overview of the plantation process alongside antique shovels, hoes, and insect-guarding equipment from the 18th and 19th centuries.

Continuing through the tunnels, mannequins simulate the tedious process of making the perfect bottle of champagne. When stored properly, the bottles holding the sparkling white wine have to have their corks turned by an eighth each day; this aids in circulating the accumulating sediment that is ultimately spurted out before the final cork is placed on it. Further along, visitors are also treated to a wine chemist's box from the court of Versailles, which measured the alcohol content and richness before serving French

*Musée du Vin*  
PARIS



Located in the 16th arrondissement, home to the Federation Internationale Des Confreries Bachiques,, the Paris Wine Museum presents a collection of more than 2,000 objects on the culture of the vine and wine.



royalty. There's also a pajama-clad Balzac escaping from his creditors into the cellars from the second exit of his house, and a battlefield re-enactment depicting Napoleon's love of the grand red wine, Chambertin of Nuits la Cote, which was cut with water for him as he brooded over the day's battle.

Continuing in chronological order, visitors are given an overview of the pasteurization of wine ordered by Napoleon III and conducted by the already famous Louis Pasteur. After numerous people became sick from drinking unpasteurized wine, Pasteur succeeded in making the pastime safe in 1857.

In the mid-20th century, the cellars of the museum were used to store wine for the nearby restaurant at the Eiffel Tower. An enclosed case here depicts the numerous glasses that were made in connection with the inauguration of the Tower in 1889. As the tunnels bring you back to the entrance of the museum, you are treated to a video and additional information on how wine is made today. You may just be surprised by how much longer it takes for a red to be made in comparison to a white. After winding through various displays of wine openers, mock cafe settings and an encasement of bottles from the 19th century, your palate is sure to be craving a taste of its own. Visitors are treated to a *dégustation* (tasting) at one of the dark wooden tables underneath the arches of the tripartite cellars.

The museum is located in the upwardly mobile 16th arrondissement (district) tucked nearby Honoré de Balzac's house, and the home of Benjamin Franklin in Paris, and just a short walk away from the Eiffel Tower. It can make a good stop in the area when you're looking for something a bit unusual to do.

Address: 5, square Charles Dickens, 75016

ParisTel: +33 (0) 145 25 63 26

Metro: Passy (Line 6) or RER C (Champ de Mars-Tour Eiffel)

Opening Hours: The museum is open Tuesday through Sunday, 10:00 am to 6:00 pm.

Closed Mondays and certain French bank holidays (check ahead).

Les Echansons restaurant is open Tuesday to Saturday, from noon until 5pm, upon reservation.

This exhibition was set up in the old limestone quarries of Passy which date from the 15th century and which were used for the construction of Paris. This visit can be done using an audio guide and is punctuated by a tasting of a glass of wine. The former vaulted cellars of Passy Abbey, used by the monks to store their wine, now house the restaurant "Les Echansons" which offers French cuisine that goes well with the many wines on the menu. These rooms also receive tastings for all levels: from the simple initiation to the tasting course.

A boutique also offers a wide choice of wine objects as well as many bottles from all wine regions.



## Our Fall & Winter Wine Selections



### Lamborn Family Vineyards Howell Mountain Zinfandel

Fall & Winter usually mean sweaters, and blankets, comfort foods, drinking around the fireplace, and lively wines with lots of pizzazz. Did I say *Pizzazz*? Could that mean a Napa Cabernet, such as a *Melka Metisse*, or a bold Syrah, such as a *Robert Biale Royal Punishers Napa Valley Petite Sirah*, or possibly an over-ripened Grenache such as *T-Vine Fredani Vineyards Grenache*. Wow . . . 3 gorgeous Napa Valley recommendations in one sentence!

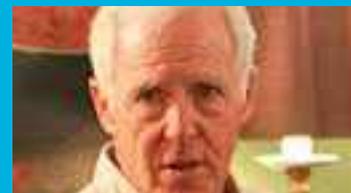
But, my friends, tonight I'm talking Zinfandel. Turley, Biale, Sattui, Joseph Cellars, Peterson . . . I could go on and on. As I write this column, I'm drinking a most austere Zinfandel, produced by one of the most humble and genuine winemakers in the Napa Valley, Mike Lamborn.

Lamborn Family Vineyards Napa Valley, Howell Mountain "*The Fire Storm*" Zinfandel, a quintessential Zinfandel worthy of tremendous acclaim . Of course it's September in Tucson, so it's still quite warm, but my wife and I like to support the local electric company and keep the house temperature turned down! This one really warms you up with an explosion of seductive Zinfandel spices such as star anise, maybe even cloves, and of course black pepper, but also the toughness of coffee and leather. I've got the 2015 on the table tonight, but younger is better with this varietal (my opinion). An intoxicating 14.3 % alcohol by volume, the wine is very well balanced, and maybe even a lightweight considering other 15+% California Zinfandels!

If you ever get the chance to meet up with Mike Lamborn, as many of our Renaud Society members have at one of our several occasions in Napa, you will see that his fatherly disposition and farmers' hands that touch each and every bottle, and each and every glass, makes this a special wine, indeed.

Harvested September 12, 2015; 575 cases produced; Winemaker - Heidi Barrett

~ \$50.00



### Columbia Crest H3 (Horse Heaven Hills) Merlot 2016

I certainly remember my times in medical school, and subsequent residency and fellowship, when I first started my journey into wine appreciation. Certainly, there were few funds left over for discretionary spending, and expensive wines, even moderate priced wines, were out of reach. My financial handicap helped me to sharpen my palate, and find wines I could enjoy at prices I could afford. I had my go to wines, at the time, that I thought were big, bold, defining of regional style, and offered great value. Some of these were memorable . . . and I still remember them. *Powers Shiraz from Australia, Sebastiani Sonoma Cabernet Sauvignon, and Macon Lugny Les Charmes (Chardonnay), Beau-Rivage Bordeaux.* So, from time to time, I still find it interesting to pick up an inexpensive bottle, usually from a producer or a region that might be expected to deliver more than envisaged by the price or packaging. I'll usually look for a wine from a reputable source, such as several of the well known on-line distributors, or the local COSTCO, where this surprising beauty came from. Columbia Crest is a behemoth of a Washington State producer, that consistently attracts attention and scores excellent ratings across their product lines.

Columbia Crest H3 wines are created to celebrate the winery's rich heritage in the Horse Heaven Hills as well as its innovative spirit with regards to winemaking and viticulture practices. Grapes from this AVA produce bold, well-balanced and seductive wines. This medium-bodied 100% Merlot delivers aromas of spice and blackberry with the perfect balance of earth, cocoa and ripe cherry notes on the palate. Aged in both French and American oak for 15 months, the complex flavors are followed by a smooth, velvety finish. 14.5 vol% \$6.99 at COSTCO (\$2 off sale!); This is a freebie! Pair with Pizza, Chili Dogs, or Choice New York Strip Steak.

*Tedd Goldfinger, DO, FACC FESC FCCP*

### CVNE Imperial Gran Reserva 2007, Rioja

I think I will take the same advice I dish out to others, at my wine dinners and seminars: *Drink your wine.*

This wine is a deep cherry red in color with gentle evolution of the color at the rim. The nose is intensely aromatic and shows a perfect balance of balsamic notes and sweet spices from the barrel aging process with forest fruits, berries and licorice that remind us of the



The palate is velvety and dense marked by soft, fine tannins and by a long and fruity finish, revealing the elegance of a traditional wine. Roundness and balance make this wine perfect for pairing with cheese, red meat, game and oily fish, or even to be enjoyed simply in good company.

Rioja, arguably Spain's greatest gift to the world of wine enthusiasts, especially this Gran Reserva 2007, with 5 years' required aging — does not disappoint. Savory and structured with tamed tannins, this leathery beauty from an off-vintage had broad shoulders for a Sunday grill.

Certainly, I suspect consistent quality from this well known wine houses, so younger vintages, which may be more readily available, we be expected to be delightful as well.

### **Altemasi Trentodoc 2010, Trentino**

These vineyards in the north of Italy, are highly suited to the production of sparkling wines. Trentino, specifically the hills around Trento, Valley of the Lakes and the Brentonico plateau are home to these quintessential sparkling wines. The vineyards are cultivated at an altitude ranging from 450 to 700 meters, and cultivated with the classic Trentino pergola or Guyot method. The grapes are vinified using the method for white wine under temperature control in stainless steel and barriques. The second fermentation was carried out in the bottle in the spring following the grape harvest, with 36 months being spent on the lees. During degorgement only a minimum dosage of "liqueur d'expédition" was added. The wine shows persistent foam with extremely fine perlage; A straw yellow in colour with barely noticeable greenish tinges. The wine is complex, with intense, refined and fruity mineral nose with delicate hints of crusty bread. Slate-like minerality, it is pleasantly crisp, balanced and well structured.

Made in this classical method from 100% Chardonnay, this 2010 vintage Trentodoc was off the charts in finesse and leesy lip-smacking goodness.

Find your way to Dolomite sparklers for an unparalleled adventure in mountain wine. Consider a plate of Oysters Rockefeller, or Salmon Roe on warm toast to complement the wine.

*Mailde Parente, MD*

### **2015 Tenor Syrah**

Syrah loves to grow in Washington State, and this Syrah showcases the best characteristics of what has become one of Washington's signature grapes. This beauty gives people the essence of everything they love to taste in a Washington Syrah, all in one bottle. Tenor Syrah is a Syrah-lover's Syrah in that it is a balanced and complete expression of everything that varietal can be: seductive and opulent, but still remarkably fresh and nuanced. This is a Tenor wine, so it's big on texture and un-apologetically fruit forward, but tempered by well integrated acidity and ultrafine tannins.



*"Tenor Syrah is a deep, saturated dark ruby. Musky aromas of blackberry, raspberry, licorice and espresso bean. Hugely concentrated, dense wine with noteworthy breadth to its black cherry, chocolate and licorice flavors complicated by a gamey nuance. Finishes with substantial tannins."*  
90 points - Stephen Tanzer \$60/bottle

## Sheridan Vineyards, Boss Block Cabernet Franc, Yakima Valley, Washington

“I started the day *knowing* I need a potent homecoming before it’s over”

Deep ruby hue. The nose opens with dark chocolate covered cherries, Earl Grey tea, sagebrush and savory meat juices. Secondary aromatics of Chambord liqueur, soy sauce and fresh mulberry pop from the glass. The palate is full and muscular upfront with unctuous notes of sweet black plum, herbs de Provence and tomato jam. Brilliant acids and the “almost not there” tannin structure highlight the clean and seamless finish. Even better on the second day. Decant for 2-3 hours for optimal enjoyment. Enjoy for at least a decade.

Current vintage 2017. Scott Greer is one of Washington’s rising stars. His wines are all sourced from estate vineyards which are just now starting to come into maturity. He keeps yields low and the farming and winemaking are impeccable. Greer notes that he harvests totally on taste. There is really no mystery as to what Scott Greer is doing at Sheridan; total attention to detail, a great vineyard, impeccable farming, and non-interventionist winemaking. - Wine Advocate 97 Points | Wine Advocate, Issue 231 ~ \$50.00

## Chateau de la Font de Loup, ChateauNeuf-du-Pape, Le Puy-Roland

Chateau Font du Loup can be translated into “Fountain of the Wolf.” The name according to the Southern Rhone Valley local folk lore dates back to a time when wolves drank from the various springs located on the property. Chateau Font du Loup came into being when it was purchased by the Charles Melia family in 1942. However, it took until 1979 before the first estate bottled wines were produced and sold. Prior to that time, their harvest was sold to negociants. Today, the Chateau Font de Loup estate is managed by Anne-Charlotte Melia and her husband Laurent Bachas. Chateau Font du Loup Le Puy-Roland is made from 100%, old vine Grenache that is completely destemmed. The grapes are from only one, specific parcel of vines. The wine is aged for up to 18 months in vats, tanks and foudres before bottling. The production is on average, 1,500 cases per vintage. ~ \$50.00

## Arajau Estate Cabernet Sauvignon, Eisele Vineyard

*“Welcoming the cool autumn rainfall with a little liquid perfection. Hitting the cellar & unearthing this beauty that’s been sitting untouched since release, now of legal age & with fully integrated tannins”*

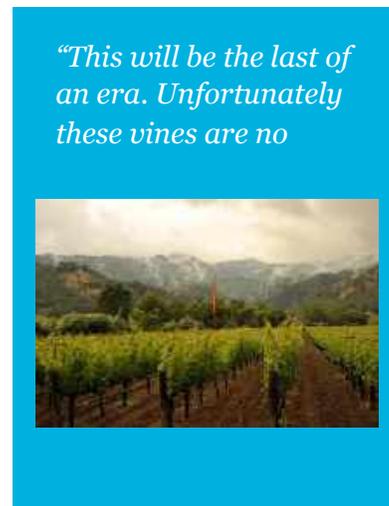
First planted to vines in the 1880s, Eisele Vineyard sits in the northeast Napa Valley, just east of Calistoga at the base of the Palisades Mountain range. Farmed organically since 1998 and biodynamically since 2000, the site has been principally dedicated to Cabernet Sauvignon for the last fifty years.



Stunning! Explodes with the most intricately detailed aromas: a perfume of fine smoky oak and ripe black currants. Exudes sheer power, with great weight yet no heaviness. Lush and delicious, but just tannic enough. Sadly these vines, some of the oldest & finest in Napa Valley, were lost a few days ago to the Northern California fires around Calistoga, California .

*This is a celebration but also a mourning.*

*Sepehr Steven Maxood, MD*



## A Personal View From The Napa Valley Fire

*Pasquale Pingitore, MD  
Master Commander, San Francisco Chapter  
Brotherhood of the Knights of the Vine*

What a year 2020 has been for all of us in the “Paradise” that is the Napa Valley. It has been a year from hell.

Not only did Covid-19 impact the agricultural workers to a high degree (>50% of infections were in the Latino community), but tasting room closures & the tourism industry reduced to a fraction of normal, impacted wine sales to a significant degree. Any of us on Winery Web Sites mailing lists have been receiving plenty of good offers with 20-30% off stellar wines.



The Valley was subjected to record heat on two occasions and then a Tropical storm in August (unheard of in Northern California) produced fire igniting lightning strikes that sparked 2 of the 3 largest wild fires in California history, including the LNU complex fire that burned over 350,000 acres and started the air quality concern that lingers today. The fires were so large that tens of thousands were forced to evacuate out of an abundance of caution (including yours truly). Photos attached are from my Calistoga home!



A month later & one week ago, the Glass fire ignited under dangerous conditions and still burns today almost one week later with 60 thousand acres scorched that includes areas familiar to many of you such as the AVA’s of St Helena, Spring Mountain, Howell Mountain, & Calistoga. About 200 homes have been destroyed, including 5 on a street where I live with one not 200 yards from my door. I am including a picture of my view as I evacuated for a second time in 2 months. We escaped with minor damage to outdoor structures and furniture only.

A handful of wineries and restaurants have been lost or damaged such as Chateaux Boswell, Behrens on Spring Mountain, Burgess Cellars in Deer Park, Cain Vineyard, Castello di Amorosa, Dutch Henry Winery, Fairwinds Estate, Fantesca Estate, Meadowood Resort & the famed Michelin 3 star restaurant, Newton Vineyard & Paloma among others. It is too soon to have a complete inventory of losses as many areas are still off limits in still active fire zones. The cause is under investigation but an electrical fence around a Cakebread Vineyard is being closely inspected as a possible spark.



This has of course seriously impacted the harvest season and the quality of grapes still hanging on the vine.

Although much of the Up Valley Sauvignon Blanc and other white varieties were already in fermentation tanks, most of the Cabernet, Syrah & Merlot remain on the vines awaiting final ripening. The dilemma facing vintners is the issue of smoke taint for this season - pick now or not at all. There has been smoke in the air since August!

As you may probably know, smoke taint is caused by exposure of the grapes to volatile phenols such as guaiacol and 4-methylguaiacol. The compounds permeate the waxy cuticle of grape skins and bind

to the sugars forming glycosides. This makes them undetectable to taste or smell until fermentation begins, releasing the phenols and their smoky notes. As well, the smoky notes may not be released until tasted and explode to moth acids.

The white varieties had mostly been picked by the time of the first fire and typically don't spend a lot of time with grape skin contact so they and Rosés may be ok. However, the red varieties were exposed to the initial smoke during veraison (a sensitive time) and now again before complete ripening.

As a result many vintners are either picking earlier than they normally would (Brix 20-23) and/or resorting to "microferments" to actually test the batches. Others have stockpiled wine from previous years to use in blending. Some may use slightly tainted wine to blend with other sourced fruit. As one vintner put it: "It is abundantly clear that wineries continue to walk a fine line between exposure to the elements and the hang time needed for ripening".

Let's not be apocalyptic. There will be wine made from California and the Napa Valley this year and the great majority of those will be free from smoke taint. However, there will be less wine made (especially red) and this will need intervention by various methods including reverse osmosis which may strip out the character of the wines.

2020 Napa (and to a lesser degree Sonoma) may not be the best Vintage of our lives. Fortunately there are plenty of wonderful wines available already in the bottle you may consider.

To help out the wineries affected, please peruse the wineries listed above, and the wines chosen to represent them in blue, and visit their websites to see what you might favor to help in their recovery. Among my favorite that will be excellent with upcoming Holiday fare are the following:

**Fantesca Winery:** With Heidi Barrett as wine maker you can rest assured these wines are stellar.

The Chardonnay shows crisp apple, citrus, honeydew and melon aromas with good minerality and a touch of French oak.

King Richard's Reserve Pinot Noir is another gem with classic dried rose petal & fresh cherries on the nose and fruit & dried spices on the palate.



All Great Things "Honor" Red Blend: my personal favorite - a proprietary Cabernet blend of the best vineyards in Napa, with Blackberry pie & plum like fruit and dense concentrate flavors and layers of French oak.

**Canard Vineyards:**

Owner and KOV Master Knight Rich Czapleski is on the edge of the active fires and we have no report on the state of his vineyard but his wines have been among my 'go to' wines for all occasions. Check out the web site ([canardvineyard.com](http://canardvineyard.com)) for a list of his proprietary red blends but don't miss his estate and reserve Zinfandels made from more than 100 year old vines just south of Calistoga. These are rich, with ripe raspberry, cedar and exotic spices on the nose, a full body luscious mouth feel of ripe cherries and black plums and a long and soft finish. These are among the best Zins in the Valley!



**Smith Devereux Wines:** I must highlight a relative new, and as of yet unknown winemaker named Ian Devereux Smith. Ian is a musician, writer and now winemaker who has partnered with others too make incredibly great value wines. The website is [www.smithdevereux.com](http://www.smithdevereux.com). I would highlight the IbeX Single Vineyard Merlot from a vineyard in St Helena. It is harvested as late as possible to provide a luscious complex, full bodied expression of merlot. A real bargain!

There are over 400 wineries in Napa County and they have endured an incredibly challenging year. They will all survive with your continued support





## Avoiding Wine Headaches

Matilde Parente, MD

Reprinted from [writeonwines.com](http://writeonwines.com)

If anything is certain about wine headaches it is that many triggers exist. For any given individual, one cause or a combination of causes may spark head pain. For migraine sufferers, the alcohol itself is often the headache culprit. In people who are born with certain genetic profiles, the wine headache – often accompanied by flushing and other symptoms – could be related to the absence of or a variation in the enzyme alcohol dehydrogenase (ADH) that helps the body metabolize alcohol. As a result, people with migraines or defects in ADH tend to self-limit or abandon their alcohol or wine intake, to avoid the near-certain headache that ensues.

But what about everyone else? As explored in the previous post, **biogenic amines (BA)** are some of the main headache offenders under scrutiny, the best known being histamine and tyramine.

The European Union is taking steps to heighten awareness of biogenic amine sensitivity, including restrictions on the BA content of wines. In the United States, outside of the BA content in foods for which tolerance limits do exist, no such consumer protections are yet in place regarding wine or other alcoholic beverages.

Rather, U.S. wine labels inform American consumers when wines contain **sulfites** in amounts greater than 10 parts per million (ppm), in part leading many headache sufferers to incorrectly conclude that sulfites cause wine headaches. Unlike sulfites, which can cause mild-to-severe allergic reactions that generally do not include headache in about 1% of people, no labeling requirements apply to wine biogenic amine content.

Without this information, what can the average headache-prone wine consumer do to limit their intake of wines that are likely to have higher biogenic amine content? Is it even possible for the average wine consumer to choose wines that are likely to be lower in biogenic amines, even when that information is not on the label?



The answer is a rousing *maybe*. Because the BA concentration in a given wine can vary widely according to factors such as the vintage, the type of fermentation yeast used, lees aging, whether the wine underwent **malolactic fermentation (MLF)** and if so, the type of lactic bacteria used, the wine's aging and storage and a host of vitivincultural practices that take place in the vineyard and in the winery itself, it can be daunting if not impossible to reliably assess a given wine's biogenic amine content vis-à-vis its headache potential from one bottle to another. Further, because different individuals may have differing sensitivity levels to biogenic amines, it

is difficult to predict the chances of the same wine precipitating headaches in different individuals.

However, if science continues to finger biogenic amines as likely and common headache triggers, expect some help for consumers in the future regarding labeling or adaptive vitivincultural practices.

Meanwhile, here are a few types of wines that *could* be less likely to contain higher biogenic amine levels for wine headache-prone consumers who hope to limit their BA exposure from wine, given what's currently known about the BA content of wines:

**Choose young, fruity and aromatic white wines that have not undergone malolactic fermentation.** Whites that typically undergo MLF include Chardonnay and some other whites that

have a rounder, fuller texture such as some Pinot Gris (but not usually Italian-style Pinot Grigio) and Pinot Blanc. Consider Albariño, most Sauvignon Blanc and Verdejo, among others, instead.

***Avoid wines that have been aged sur lie.*** Examples of some wines that are aged on their lees for added softness or richness include Champagne and other sparkling wines, Muscadet, Chardonnay, white Burgundy (such as Montrachet) and infrequently, Sauvignon Blanc.

***Experiment with red wines that are lighter in style or those from cooler climates.*** Examples to try include Northern Italian reds (except for Valpolicella and other *ripasso*-styled reds) and Chilean or New Zealand Pinot Noir.

***Try red wines from producers who use bentonite for fining.*** This tip takes a bit of homework. Fining is a late step in winemaking just prior to bottling that removes excess proteins that may cloud a wine. Look up the technical sheet on the winery website of some of your favorite producers to find this information, which won't be on the label. Bentonite-fined red wines, most of which have undergone MLF, tend to have lower BA content.

***Tempt fate with a rosé.*** Provided your wine headaches are not debilitating or disabling, you might want to try your luck with a young rosé that has not undergone MLF or sur-lie aging. Most rosés do not undergo either process, although some rosé makers do either or both to a small extent. The tech sheet should provide the information if you are unsure.

Just as uncertainty remains regarding the source and prevention of wine headaches, these tips may or may not work for you. Formal studies evaluating these theories are lacking so these ideas can't be taken as medical advice. However, if you are a wine enthusiast who gets somewhat bothersome but not disabling headaches from certain wines but not others and who wishes to try another approach in avoiding wine headaches, these tips may help you find wines that are lower in biogenic amines and perhaps, help you remain wine headache-free.



[www.renaudsociety.com](http://www.renaudsociety.com)

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Cheers to all,  Grand Maître

## The Renaud Society Seasonal Wine Journal

is published twice annually for, and by, the membership of the Renaud Society, a society of medical professionals and others, with an interest in better health and a passion for wine.

***New Members Are Welcome***

Tedd Goldfinger DO FACC FESC FCCP  
Grand Maître, The Renaud Society

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