Being Public Can Put Cos. in Tough Spotlight

**ECONOMY:** Troubles Include Activist Investors, Short Sellers  
By BRAD GRAVES

Slings, arrows and outrageous fortune. If your stock trades on the public market, you can expect activist investors, short sellers and maybe even enough woe to send a Shakespearean hero into a blue funk. Ask Kratos Defense & Security Solutions Inc. A New York firm Spruce Point Capital Management issued a highly critical review of Kratos on March 16, sending its stock down 11 percent. Kratos issued a strongly worded reply the next trading day but it took more than a week for its share price to recover.

**Energy:** Sempra announces sale of renewables as ‘the first phase of changes in business mix. See page 6

**Devices:** Multipronged Plan Improves Earnings Trajectory  
By JARED WHITLOCK

**Co. Readies Finances For Commercialization**  
By JARED WHITLOCK

**Pharma:** Heron’s Anesthetic Aims to Reduce Opioid Use  
By JARED WHITLOCK

**Startups:** Cordial Raises $15M in Second Funding Round

**Fitness:** Fitmom Expands Through Some Key Developmental Stages

**Dining:** Eateries Adopt ‘Superfood’ Products and Labels as More Consumer Preferences Head Toward Healthy

**San Diego’s East Village neighborhood.**

Mary Pampuch outside Block D, a mixed use project Lankford & Associates is building in the East Village. She was named the new chief operating officer of the company in June. “You’ve got to be humble,” Pampuch said. “You have to be patient too, and if you make a mistake, you have to own it. You get more respect if you do.”

**Embracing Risk and Reward of Real Estate**

**Leadership:** COO Built Her Career From the Ground Up 
By RAY HUARD

Mary Pampuch, the new chief operating officer of Lankford & Associates, once wanted to be an actress. Appointed COO of the company in June, Pampuch, who also is its executive vice president, oversees many of the projects that are transforming downtown San Diego’s East Village neighborhood.

But growing up in the small Wisconsin town of Richland Center, Pampuch recalls telling a friend of her dreams as the two sat on a swing. “She said ‘there’s no way you can be an actress,’” Pampuch said. Later, Pampuch thought of becoming...