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LGBT exhibits celebrate Pride



## Waves of art hit Downtown

Palm Desert painter Berndt Heidemann with iconic paintings on display at the San Diego Festival of the Arts in downtown's Waterfront Park on Sunday, June 10 (Photo by B. J. Coleman)

### San Diego Festival of the Arts returns for a charming third year

By B. J. Coleman

Thirty-two years is a long stretch for successfully bringing artists and arts fans together in celebration of fine artwork. On June 9-10, The San Diego Festival of the Arts staged its 32nd gathering in Downtown San Diego's Waterfront Park, around the County Administration Building and along North Harbor Drive. Nearly 200 artists displayed original art pieces for sale at the weekend event. The festival has been held in the Downtown Waterfront Park since 2016.

Artwork on display ran the gamut from paintings, sculpture, photographs, and mixed-media art, as well as artisan-crafted glass, jewelry, ceramics, fiber and wood creations. The performing arts were represented at the festival too, with entertainers and musicians appearing on three stages at the festival grounds.

The event was recently ranked among the top 100 art fairs nationwide by the "Arts Fair Source Book." The festival invites established and emerging artists to display their work, with a juried competition. Festival-goers could

take a break from arts appreciation at the sunny lawn tables of the craft beer and wine garden, which further featured a variety of cuisine from San Diego restaurants, scattered around the main performing arts stage. Children of all ages could cool down in the spectacular setting of splashable water fountains, either to take in the gorgeous harbor views or get ready for outdoor games on the grass.

Darrel McPherson is an Escondido-based artist who has been presenting his

see Art Festival, pg 3

## A local take on 'Humans of New York'

### Downtown artists celebrated in new photography book

By SDCNN staff

We've all seen how projects like the popular blog and book "Humans of New York" connect people through photography. Real people are seen through a new lens as they share their life experiences. Snapshots and text serve as a means to share universal truth through unique images.

San Diego artist and photographer, Jennifer G. Spencer, is adding a new

photographic element to this conversation with the release of her new book "THE ARTIST PORTRAIT PROJECT: A PHOTOGRAPHIC MEMOIR OF PORTRAIT SESSIONS WITH SAN DIEGO ARTISTS," which will be released on July 12. The collection features James Watts and Dan Camp, well-known artists based in Downtown. Spencer's

see Spencer, pg 4



Jennifer G. Spencer (Courtesy photo)

## DowntownBriefs



### San Diego-based artist opening first art gallery for summer

Recognized as one of "15 female artists you need to know from Miami Art Week" on CBS, San Diego artist Sarah Stieber is taking over the iconic Mee Shim Fine Art Gallery in Little Italy. After a successful soft opening on June 30, Stieber is preparing for her Grand Bash Opening on July 7, from 7-10 p.m. There will be cocktails by Pomp and Whimsy and El Silencio Mescal, and bites by Beaming Organic and the Living Room Café along with custom painting inspired treats by the Whimsy Whisk. Guests are limited to the size of the gallery, so people are encouraged to RSVP to [betty@sarahstieber.com](mailto:betty@sarahstieber.com).



### Award winning architect group announced

On Thursday, June 28 Schmidt Design Group won seven awards at the American Society of Landscape Architects' 2018 Design Awards.

One of their award-winning projects was centered Downtown — The Children's Park redesign project.

see News Briefs, pg 13

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# Blazing trails

## A woman's impact in Downtown development

By B. J. Coleman

When Mary Pampuch was considering career paths, her first choice was to work in fashion design.

"Isn't that a little risky?" Pampuch's mother asked.

Pampuch laughed recounting the response, wondering what her mother would have said about her decision to change plans and pursue commercial real estate development.

Pampuch has racked up a lengthy stretch of successes working in this field. On May 1, Pampuch took on a

new position with Lankford & Associates, adding chief operating officer (COO) to her existing role as executive vice president.

In her home state of Wisconsin, Pampuch settled on obtaining a real estate license in the 1980s, dealing in residential and commercial properties. She was hired by Lankford & Associates in 1989 as an administrative assistant and worked her way up the corporate ladder to her current dual roles. She now oversees day-to-day operations as COO, as well as participates in long-term development projects.

Her biggest challenge? Pampuch noted that real estate development professionals are by and large males, estimating that only 10 to 20 percent of employees in the sector are women. This daunting statistic has not changed during her years in the field.

Another challenge for women in the field is to emphasize the business side of the work. She recommends for women to not take disagreement personally because men do not.



Lankford & Associates Executive Vice-president and Chief Operating Officer Mary Pampuch at the Punch Bowl Social, a newly developed Downtown enterprise. (Photos by B. J. Coleman)



"I wanted to be successful," Pampuch said. "It's important to look at the bigger goal and becoming part of influencing decisions. Compromises have to be part of that too."

With increased experience, she noticed less and less awareness of her rarity as a female in the work projects.

Despite their underrepresentation, Pampuch noted females bring a wholly different perspective and approach to commercial development, citing in particular that women tend to be detail oriented in a way that men are often not.

Downtown News interviewed Pampuch at Punch Bowl Social, the newest restaurant and entertainment enterprise to come on line within the Lankford group's development. Punch Bowl Social is located at 1485

E St., with a two-story, 23,500 square foot complex housing a downstairs diner, round bar, bowling lanes, games and sports-viewing areas. A similar and more adaptable upstairs area is amenable for private party events. The venue can host 1,000 guests in the facility's multiple areas.

"This turned out really nice," Pampuch said after touring the finished project, which opened for business in early June.

The project was initiated with the Navarro group's 2012 request for proposals.

"We were the winning team," Pampuch said. "We decided to begin with energizing the area, activating the site and cultivating community involvement."

Added amenities include arts displays, film showings

and beer tastings. The first phase was residential development, with 270 apartment units. Then 10 Barrel opened a year ago, followed by 60,000 square feet of offices and retail businesses. Punch Bowl was next. (Further improvements are slated for this month, with more apartments and retailers after that.)

Punch Bowl Social is a series of chain restaurant and sports entertainment venues based out of Denver. Some of the tables in the facility are made from Colorado beetle-infested trees that had to be felled for fire safety concerns. Each Punch Bowl Social has taken an inspirational theme from the former use of the building redeveloped.

Nicole Coffee, event sales manager, shared that the former San Diego furniture warehouse held a boxing arena sometime dating to the 1930s. Thus, this local venue's subtle background theme is boxing, including ropes, timing bells, repurposed arena seats, and specially designed wallpapers suggesting "flyweight," "featherweight," and — aptly for Punch Bowl — "sucker punches."

The family-friendly complex closes to children in the late evening. The bar focuses on craft cocktails, including punches, as well as features local beers and wines. The menu also offers healthy versions of popular sports bar fare.

Sean Bertsch, a bartender at Punch Bowl Social, has worked for a decade in hospitality in Downtown.

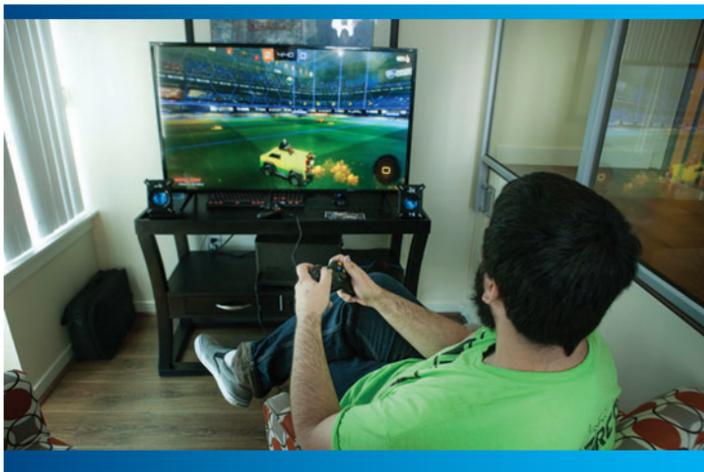
"This place is very customer oriented," Bertsch said. "In the training, we learned the art of bartending, how to build a craft cocktail systematically. This has been a fun ride."

Similarly, Pampuch expects fun in her work future.

"I'm very excited about my new role as COO," she said. "I will still be chasing projects, and I will be able to manage our resources better by overseeing the daily operations as well."

Next on Pampuch's set of development projects is finishing the second large-scale phase of the Intercontinental site, working with the Port of San Diego.

—B. J. Coleman is a local freelance journalist and editor/staff reporter with 22nd District Legionnaire. B.J. can be reached at [bjcjournalist@gmail.com](mailto:bjcjournalist@gmail.com).



## Cox High Speed Internet Now Twice as Fast in San Diego

When it comes to the internet, one of the things consumers value most is speed. It frees up their time by completing tasks faster. It makes watching a movie or listening to music more enjoyable. And, for video game enthusiasts, it could be the difference between winning or losing.

So, how much speed do you need? That depends on how you're using the internet, and how many connected devices you have in your home.

Whether you're using the internet for basic search, paying bills, and shopping online, or are a multi-generational household with multiple connected devices streaming simultaneously, there's some great news on the internet speed front.

Cox Communications, which already offers some of the fastest consumer internet speeds in the nation, recently doubled the speed for most of its customers in San Diego County.

Download speeds for Cox High Speed Internet doubled for three of its service plans: Starter, Essential and Preferred. The speed increases went into effect automatically for all Cox High Speed Internet customers with those service plans in San Diego.

The new download speed for Preferred, the company's most popular tier of service, is now up to 100 Mbps.

The Starter and Essential plans are ideal for lighter users with one to five devices connected to the home network. The new download speed for Essential is now up to 30 Mbps and Cox Starter is now up to 10 Mbps.

"Speed increases are one of the many ways we continually add value for our high speed internet customers," said Suzanne Schlundt, Vice President of Field Marketing for Cox Communications. "Today, the majority of Cox customers in San Diego are now enjoying speeds twice as fast."

Even faster speeds are available with the company's Ultimate and Gigablast service plans, which have been made possible by continual investments in Cox's network coupled with the deployment of new technology and infrastructure.

Cox offers a variety of internet service plans, so households can select the option that best fits their needs. Take a short quiz on the speed advisor at [www.cox.com](http://www.cox.com) to determine which speed is right for you.

Cox is also improving the in-home WiFi experience with Panoramic WiFi, ensuring wireless internet service is "wall-to-wall" fast throughout every nook and cranny of the home.

"Our internet customers have embraced Panoramic WiFi," said Schlundt. "Our technicians will literally walk your home from wall to wall to identify any dead spots and turn them into live spots so that you can have an optimal wifi experience in your home."

Cox plans to invest \$10 billion in its infrastructure over the next five years, with a focus on enhancing the customer experience inside and outside of the home. The company already provides its internet customers with access to more than half a million wifi hotspots nationwide.

## Gig Speed Ahead

Cox, which was the first company to launch residential gigabit speeds in San Diego under the name Gigablast, has continued the expansion of gigabit speeds to households countywide. Gigabit speeds (1,000 Mbps) are the fastest residential internet speeds around.

When you have a gigabit connection, you can download 100 songs within three seconds, 1,000 photos in 16 seconds, and a two-hour movie in eight seconds. You can also run dozens of connected devices simultaneously at blazing fast speeds, which is key if you are planning on adding any of the increasingly popular smart home devices to your household.

For more information on gigabit speeds and to see how fast they are, go to [www.cox.com/giglife](http://www.cox.com/giglife).