

May 2018

HARRISBURG COMMERCIAL

real estate REPORT

Put Your Best Foot Forward

By Miranda Bednar, DPT



The average person will walk 115,000 miles in their lifetime. That's four trips around the Earth! From the time we are toddlers learning to walk until we are older adults possibly using a cane for assistance, our feet are very important to our quality of life. The feet affect our health from our first days to our last.

The foot and ankle together are a fascinating and complex body region made up of 26 bones, 33 joints and over 100 muscles, tendons and ligaments. Of the many jobs the foot and ankle complex have, some of the most

important are standing balance, absorbing the shock sent into the body from the ground when we walk and forming a rigid lever to propel us forward as we move. To complete these tasks properly the foot and ankle complex has the unique ability to be, at times, mobile and adaptable and then rigid and powerful. By the time we have moved through a single day our feet have endured hundreds of tons of force.

"The foot and ankle together are a fascinating and complex body region made up of 26 bones, 33 joints and over 100 muscles, tendons and ligaments."

One of the best ways for us to stay healthy is to continue moving. If our feet hurt, we do not feel like walking or may even be afraid to do so. There are multiple research studies that have determined that painful feet can disrupt ability to balance, change the way one walks, and decrease one's desire to move. Impaired balance can lead to falls. Changes in walking pattern can lead to abnormal stress on other parts of the body causing injury or arthritis. Decreased movement can lead to or exacerbate other disease processes (such as diabetes or obesity), decrease cardiovascular health, lead to weight gain and decrease quality of life.

(Continued on page 3)

In This Issue

- 1, 3-4.....Featured Article
- 2-7.....Featured Listings
- 5.....Seeking Articles
- 6.....Recent Deals
- 8.....Summer Event
Donation Request

Bill Gladstone, CCIM, SIOR

(717) 761-5070 ext. 120

wgladstone@naicir.com

www.billgladstone.com

www.naicir.com

Audi Kimmel, left, is not a licensed REALTOR.



It's TIME to VOTE!

Please **VOTE** for Bill Gladstone in the 2018 Harrisburg Magazine Readers' Poll: Professional Service > Commercial Real Estate Agent



Vote Here: Bit.ly/BGGSTB
Voting is open through June 15, 2018



NAICIR

A publication of the Bill Gladstone Group of NAI CIR

New Listings



2,380 SF

NEW Office Sale/Lease - 1001 S. Market Street, Mechanicsburg

- Two-story professional medical office available
- Recently renovated with high quality finishes and an efficient floorplan
- Desirable location in Southpoint Office Center at the intersection of Market Street and Shepherdstown Road and near Cumberland Parkway exit of Route 15



1,172 SF

NEW Office Sale - 5441 Jonestown Road, Harrisburg

- Quaint, convenient and affordable professional office for sale
- Renovated in 2007 and 2008 (furnace, roof, water heater, sump pump and more)
- Strong Colonial Park/Paxtonia location with quick access to Route 22, Route 39 and I-81

Industrial Listings



9,948 - 16,400 SF

Sale/Lease - 20 Woodcraft Drive, Mount Holly Springs

- Industrial building located just off of Route 34 with easy access to Route 15, I-81 and the PA Turnpike
- The property has varying ceiling heights and offers several drive-in doors and a dock door
- Building sits on 1.28+/- acres and is zoned Industrial



4,101 SF

Sublease - 507 N. York Street, Suite 7, Mechanicsburg

- 270+/- SF of office space and 3,831+/- SF of warehouse space available
- This property offers a clean, open space
- 1 Drive-in door (10 x 12) and a common dock area available

Commercial Listings



2,500 SF

Sale - 3424 N. 6th Street, Harrisburg

- Gorgeous cafe located along North 6th Street in Harrisburg
- The beautifully decorated restaurant has great seating options, including a courtyard and a full kitchen
- Recently updated, the second floor apartment allows for the Owner to stay on-site or for additional income



62,621 SF

Sale - 2801 North Third Street, Harrisburg

- Stunning landmark in the City of Harrisburg available for sale
- The Zembo Shrine Center was beautifully constructed with the Moorish Revival style architecture and has been well-maintained throughout its years
- Over 300 lined parking spaces available



75% of Americans will have a foot problem at some point in their life. Obvious problems include fractures, either traumatic or stress-related, ligament sprains when you “roll” your ankle and muscle tears. Less obvious ones include plantar fasciitis which causes heel pain, and tendonitis anywhere around the ankle. Furthermore, irritation of the nerves and/or blood vessels at the foot and ankle can become tarsal tunnel syndrome which causes pain and tingling throughout the foot and metatarsalgia, or Morton’s Neuroma, which causes pain or numbness at the balls of the foot and toes. While these injuries and inflammations create unhealthy feet, sometimes the foot alone causes the problem.

"75% of Americans will have a foot problem at some point in their life. Obvious problems include fractures, either traumatic or stress-related, ligament sprains when you "roll" your ankle and muscle tears."

We all have different foot shapes and sizes. These differences include “flat feet”, high arches, bunions, hammer toes, extra toes, and calluses. While these variances are natural and not uncommon, they will affect how the foot and ankle complex functions creating excessive stresses on some of the joints, ligaments and tendons.

While the list of possible foot and ankle problems may be unnerving, rest assured there are actions you can take to remedy those foot problems and regain your quality of life. After fractures, sprains or surgery, the foot and ankle often demonstrate strength and motion deficits that can make you limp. These deficits can be addressed via joint mobilizations and soft tissues massage done by a physical therapist and with instruction in a self-stretching and strengthening program. Muscle strains and tendonitis cause swelling and pain. They often get better with icing, resting and gradual return to or modification of your activity. Pain in the bottom of the feet, balls of the feet and toes may be caused by excessive or abnormal pressure on those areas. These pains can be addressed by being fit with shoe wear that is appropriate for your foot shape and size, using custom or over the counter orthotics and by having potential joint or motion restrictions treated by a physical therapist. Toe deformities which may cause balance difficulties can be supported, and progression of the deformity and disability can be halted with various in-shoe padding and proper shoe wear.

(Continued on page 4)

Commercial Listings



Sale - 5 N. Market Street, Duncannon

- Prime retail/commercial space in the Borough of Duncannon
- Former bank boasts a notable exterior facade and a clean, functional interior with vault
- Call for additional details to view floorplans and schedule a tour



Lease - 415 Market Street, Harrisburg

- First floor space available in the Harrisburg Transportation Center in Downtown Harrisburg
- Within walking distance to all the downtown restaurants, amenities, and Riverfront Park

Featured Land



Sale - Route 441 and Orchard Drive, Harrisburg

- Tremendous opportunity for your church relocation or home business on this vacant parcel
- The 8+ acre site features a controlled intersection and has utilities on site
- Moments away from the Harrisburg Mall and TeckPort Business Campus
- Great access to Route 283, I-83 and the PA Turnpike (I-76)

(Featured article...Continued from page 3)

Diabetes and vascular disease can cause neuropathy (numbness) in the feet. In these instances, it is important to be properly fitted with shoes for foot protection and to regularly check the skin of the feet for cuts or blisters. If you do see cuts or blisters you should make an appointment with your doctor to be checked for infection and to begin healing measures.

No matter how slight or severe the problem may be, don't sacrifice your function, safety and health on painful feet. Seek medical advice now and avoid running the risk of further injury and dysfunction. Maintain your health by "putting your best foot forward." ■

About the Author:



Miranda Bednar, DPT graduated from the University of the Sciences in Philadelphia with her Master's of Science in Physical Therapy in 2006. While at USciences, she played softball her four undergrad years, participated in Physical Therapy research regarding exercise for community-dwelling elders during her professional years, and worked on her PT skills at the PT program-run pro bono clinic. Once practicing a few years in outpatient orthopedics, she went back and earned her Doctorate of Physical Therapy in 2010 from Temple University. Miranda's experience is in treating orthopedics with a focus on manual therapy treatment. She is interested in treating the athletic population with injury rehabilitation and prevention and sports performance. You can reach her at (717) 695-6436. To learn more about Cardin and Miller Physical Therapy go to www.cardinmillerpt.com.



Lease - 30 N. Third Street, Harrisburg

- 1,443 - 20,112 SF contiguous available in Class A office building
- Skywalk to Strawberry Square, Walnut Street garage, Harrisburg Hilton, Whitaker Center, etc.
- This building is Energy Star Certified and utilizes the latest energy management systems for optimal energy efficiency



Lease - 400 Bent Creek Boulevard, Suite 150, Mechanicsburg

- Professional office space located within the Pennsylvania School Boards Association's building
- The building and suite have been well-maintained and updated since being constructed in 2005
- Over 200 lined parking spaces available in-common

Office Listings



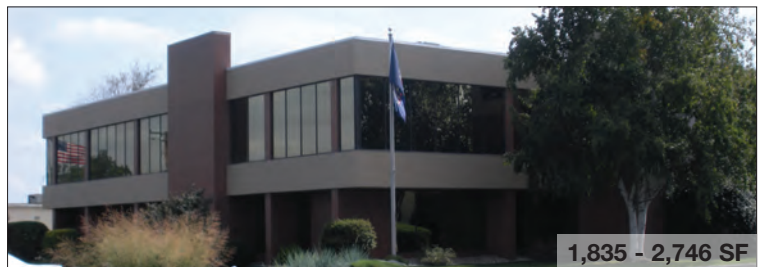
Lease - 208 N. Third Street, Harrisburg

- Remodeled office space in prime Central Business District
- Historic building faces the Capitol Complex with the largest expanse of glass window lines in privately owned building
- Downtown amenities are just a few steps away and parking is a block in every direction
- Additional 4,542 SF available for sublease



Sale/Lease - 2151 Linglestown Road, Harrisburg

- First floor condominium in the Saratoga Office Center now available
- Currently built for a medical user, but would work well for other office users
- Located close to Colonial Park, Downtown Harrisburg and all Interstate Highways in the general area



Lease - 3425 Simpson Ferry Road, Camp Hill

- Two suites available
- Office areas have great perimeter window lines designed for professional users
- Ample parking on-site and easy access to Route 15, Route 581, and the PA Turnpike (I-76)
- Amenities close by including banks, restaurants, shopping, and convenience stores

Seeking New Articles



The Bill Gladstone Group of NAI CIR is looking to fill editorial content in our quarterly magazine and monthly newsletter publications.

What Are We Looking For?

Industry related articles that our readership of over 4,500 business decision makers and industry leaders would benefit from reading in print and online through social media. Articles are typically 1,200 – 1,500 words and include an author bio, headshot, and mentioning of your company.

Topics Can Include: Finance, development, law, architecture, technology, engineering, environmental, wellness, current trends, security, business operations, and much more.

Need Assistance With A Topic?

We can suggest one that would be a good fit for your expertise.

Contact: Leah Wentz (717) 761-5070, ext. 116 or lwentz@naicir.com.

Please forward this information to any colleagues you feel could be a good fit for our publications as well. We look forward to hearing from you!



Connect

With @GladstoneGroup Today!



www.billgladstone.com

Office Listings



Lease - 4386 Sturbridge Drive, Harrisburg

- Class A office space for medical or professional use
- Space in shell condition, ready to accept a build-out designed to suit tenant
- Located along Route 39 with access to amenities such as lodging, eateries, gas, banking and all major transportation corridors



Lease - 800 N. Third Street, Harrisburg

- Prominent downtown office building across from the State Museum
- One block from the Capitol Complex; perfect location for attorneys and associations
- On-site parking and many other amenities are available to tenants



Sale - 1 Rutherford Road, Harrisburg

- Corner property at the signalized intersection of Rutherford Road and Locust Lane
- Great visibility and parking
- Single-story, brick office building can easily be utilized by a single user or multiple tenants



Check Out Our Recent Deals

Visit www.billgladstone.com to view listings not included in this issue.



SOLD - 4405 N. Front Street, Harrisburg

HPMG 4411, LLC purchased this 3,224 SF office building in Harrisburg. The Bill Gladstone Group of NAI CIR represented the seller and Harrisburg Property Management represented themselves.



SOLD - 2 N. Main Street, Biglerville

Robey Investments, LLC purchased 4,544+/- SF of office space in Biglerville. The property was a former bank. The Bill Gladstone Group of NAI CIR represented the seller, and David Monsour of Keller Williams Keystone Realty represented the buyer.



LEASED - 800 N. Third Street, Suites 302 & 303, Harrisburg

Imperium Management leased 2,445 SF of office space in this N. Third Street office building. The Bill Gladstone Group of NAI CIR represented the lessor, and Roy Brenner of Landmark Commercial Realty, Inc. represented the lessee. Space remains available. Call for details!

Office Listings



Lease - 5275 E. Trindle Road, Mechanicsburg

- Open corner office suite offers functionality and usability
- There are many private offices and large conference room(s) lining the perimeter
- Professional office space features executive sized offices, private in-suite restrooms and two entrances
- Space can be left as one large suite or made into two suites; Suite A - 2,318 RSF and Suite B - 4,133 RSF



Sale/Lease - 130 State Street, Harrisburg

- 955 SF available for lease along the State Street corridor leading to the steps of the Capitol Complex
- The entire 3,060 SF building is also available for sale
- Ideal for lobbyist, attorney or other professional who visit the City frequently and could benefit from having a local office
- An adjacent parking lot for 6-7 parking spaces is included in the sale (call us for details)



Sale - Confidential, Harrisburg

- Well-maintained, 3-story masonry building overlooking the Susquehanna River
- Five (5) year lease renewal starts January 1, 2019
- No deferred maintenance and on-site parking available
- Signed Confidentiality Agreement needed for additional information



Sale - Confidential, Camp Hill

- Great investment opportunity now available
- Additional details available with a signed confidentiality agreement
- Call for additional details and financials

Land Listings

Location	Acres	Zoning	Type
370 W. Main Street, Leola, Lancaster County	1.3 - 2.8	General Commercial	Sale/Lease
300 S. Sporting Hill Road, Mechanicsburg, Cumberland County	1.19	Apartment Office Limited (AOL)	Sale
Allentown Boulevard and N. Hershey Road, Harrisburg, Dauphin County	1.35 (1 lot)	Business Enterprise District	Sale
Bent Creek Boulevard, Lot 2, Mechanicsburg, Cumberland County	2.02	Community Commercial	Lease
7700 Derry Street, Harrisburg, Dauphin County	2.12 (lot 4)	Commercial District General	Sale
I-81 and W. Trindle Road, Carlisle, Cumberland County	2.18 (2 parcels)	Commercial Highway	Sale
East Cumberland Street (Route 422), Lebanon, Lebanon County	2.2	Commercial	Sale
8001 Grayson Road, Harrisburg, Dauphin County	2.25	Commercial	Lease
7700 Derry Street, Harrisburg, Dauphin County	2.3 (lot 8)	Commercial District General	Lease
2600 Delta Road, Brogue, York County	2.5	General Commercial	Sale/Lease
St. Johns Road, Camp Hill, Cumberland County	3.05	General Commercial District	Sale
Pending - W. Trindle Road, Mechanicsburg, Cumberland County	4.13	Highway Commercial	Sale
700 S. Baltimore Street, Dillsburg, York County	5.23 - 57.5	Agricultural - Conservation (AC)	Sale
Eisenhower Boulevard, Harrisburg, Dauphin County	5.39	Commercial General	Sale
Lancer Street Extended, Harrisburg, Dauphin County	7.52	Medium Density Residential (R-2)	Sale
503 Jonestown Road, Jonestown, Lebanon County	7.91	Commercial	Sale
Route 441 and Orchard Drive, Harrisburg, Dauphin County	8.34	Single Family Residential District	Sale
Price Reduced - 730 Limekiln Road, New Cumberland, York County	8.64	Commercial Business	Sale
Eisenhower Blvd & Highspire Road, Harrisburg, Dauphin County	10	Commercial District General	Sale
Route 75 & William Penn Highway, Mifflintown, Juniata County	11	Industrial Commercial	Sale/Lease
Carlisle Pike (Route 11) Waterford Square, Mechanicsburg, Cumberland County	12.88 (11 lots)	Community Commercial (C2)	Sale
Gettysburg Pike & Spring Lane Road, Dillsburg NWC and SWC, York County	14.68 & 14.92	Commercial	Sale
Price Reduced - Allentown Boulevard, Harrisburg, Dauphin County	17+	Commercial Highway (CH)	Sale
3050 Heidlersburg Road, York Springs, York County	18.16	Highway Commercial	Sale/Lease

www.billgladstone.com



PRESORTED STANDARD
U.S. POSTAGE PAID
Harrisburg, PA
Permit No. 783

BILL GLADSTONE, CCIM, SIOR

NAI CIR
1015 Mumma Road
Lemoyne, PA 17043
717 761 5070
www.naicir.com
www.billgladstone.com



Accepting Donated Items For Summer Event

Support Children with Special Needs in Central PA



- **We are looking for kid-friendly** promotional/give-away items to be donated to children attending our “Mary Poppins, JR.” event this summer.
- **Kid-friendly item examples:** toothbrushes, notepads, crayons, markers, small toys, stress balls, water bottles, bags, cups, coupons, activity books, gift cards and more! **Accepting items until July 24, 2018.**
- **Receive recognition** in print and online marketing mediums as well as event handouts.

Contact: Leah Wentz at (717) 710-3528 or lwentz@naicir.com

For the seventh consecutive year, the Bill Gladstone Group of NAI CIR is hosting this special event to support **TrueNorth Wellness Services**. We have arranged a private, live theatrical performance of Mary Poppins, JR. on July 31, 2018 at The Grace Milliman Pollock Performing Arts Center in Camp Hill, Pennsylvania for children with special needs and their families. Our goal is to provide a free and fun family activity in a supportive and understanding environment. **Thank you for your support!**

Please mail monetary donations to:

TrueNorth Wellness Services
5351C Jaycee Avenue, Suite 1
Harrisburg, PA 17112
ATTN: Elspeth Williams

Checks should be made payable to:

‘TrueNorth Wellness Services’

To donate online: bit.ly/donate_marypoppins

NAI CIR
Bill Gladstone Group
www.billgladstone.com


trueNorth
WELLNESS SERVICES
inspiring healthy living
TrueNorthWellness.org