FOURTH QUARTER 2018

# real estate Review

A PUBLICATION OF THE BILL GLADSTONE GROUP OF NAI CIR



# 3424 N. 6th Street Harrisburg 2,500 SF Commercial Sale

For More Information: Bill Gladstone, CCIM, SOIR (717) 761- 5070 ext. 120 wgladstone@naicir.com | www.billgladstone.com

# **RECENTLY REDUCED**

GORGEOUS Café

Café 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 rent it out for additional income. Over 50 seats available inside with additional seating available on the patio (weather permitting).



#### Bill Gladstone, CCIM, SIOR | Sales Agent



31 YEARS

Bill has been active in commercial real estate since 1987 and has been among the top three agents at NAI CIR in Lemoyne, PA for the last 10 years. His continued success is a direct result of the value-added services he provides to all the transactions, regardless of size. As part of a group of five, he oversees the marketing for a revolving inventory of approximately 85 listings and over 300 acres of land. He is a CCIM and SIOR, two of the most prestigious designations in the field of commercial real estate. Bill resides with his wife, Karen, in Mechanicsburg, PA and they have three grown children. He enjoys the adventure of skiing with his grandchildren, dance classes with his wife, going to the gym, and maintaining a healthy lifestyle. **Licensed REALTOR** 

#### Chuck Bender | Marketing Director



YEARS

Chuck is responsible for coordinating all of our marketing activities to provide maximum exposure for each listed property. He oversees our print publications, designs and organizes our video presentations, multimedia content, and maintains our company website. He also communicates marketing updates to our clients on a regular basis. When he is not in the office, Chuck enjoys being outdoors, camping trips with family, and working on DIY projects around the house. Chuck resides in Jonestown, PA with his wife, Nicole, and their two children Mason (age 7) and Brianna (age 1). **Licensed REALTOR** 

#### Leah Wentz | Marketing Coordinator



YEARS

Leah assists our Group in providing the highest level of service to our clients. She creates promotional items, compiles our monthly newsletter, and creates direct mail pieces for our listings. She stays in contact and secures publication authors, keeps marketing materials up-to-date, and oversees our annual community event. When she's not at work, Leah enjoys spending time with her husband, Seth, and their son Dylan (age 5). Leah resides in York, PA with her family and is expecting her second son to arrive in March. **Licensed REALTOR** 

#### Katie Warrell | Administrative Assistant



YFARS

Katie performs an extensive range of accounting, administrative and sales activities. She works diligently to make certain we are using the most up-to-date information to market our listings. She oversees many aspects of the lease and sale transactions, and maintains contact with prospects and clients alike to ensure a smooth transaction from start to finish. When she's not working, Katie enjoys spending time with her family and dogs and enjoys vacationing. Katie resides with her husband, Robbie and their two children Haydn (age 10) and Shane (age 9) in Lancaster, PA. **Licensed REALTOR** 

### Audi Kimmel | Marketing Assistant



YEARS

Audi is responsible for keeping the Group's social media presence relevant and engaging while also assisting with the overall marketing operations. She assists the marketing department with important daily tasks while also keeping the Group organized and on schedule. She coordinates and schedules property specific mailings as well as extensive research to compile targeted mailing lists. Outside of the office, Audi enjoys giving back to her hometown community, Dillsburg, and volunteering on various platforms. She is currently studying to earn her license in Real Estate. Audi resides with her son, Barrett (age 5) in Dillsburg, PA.

ARCHITECTURE Biophilia DEVELOPMENT **Right of Way Easements** and Partial Interests in Land 10 FINANCIAL **Economic Development Agencies** are Good Resource for Small Business Financing 16 REGIONAL DATA Commercial/Retail and Office 20 MEDICAL CORNER Plantar Fasciitis 22 **REAL ESTATE LISTINGS** Investment......25 

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The members of the Bill Gladstone Group of NAI CIR pose for a picture at the former What If Café, 3424 North 6th Street, Harrisburg, Pennsylvania. This charming Dauphin County property is currently available to purchase. **See additional details on pages 2 and 33**.

Commercial Real Estate Review is produced four times per year by the Bill Gladstone Group of NAI CIR to serve the region's business, commercial and industrial real estate decision makers.

For permission to reprint any material from *Commercial Real Estate Review*, please send a written request to Chuck Bender, Marketing Director, cbender@naicir.com or call (717) 761-5070, ext. 152.

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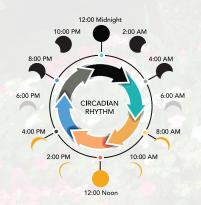
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TECTURE

Close your eyes and imagine strolling down a wooded path with beautiful living greenery and wildlife surrounding you.

You feel a sense of calm, rejuvenation, and a connection to nature. You have just experienced biophilia – the love of live or living systems. Biophilic design is an innovative design approach that incorporates natural elements into built environments with the goal of improving employee's health, well-being, and productivity, and ultimately, a company's bottom line. Connection with other living things provides feelings of positivity, energy, and balance. There are three strategies to implement biophilic design in your workplace: direct contact, indirect contact, and space and place.

To create a **direct contact** design, include such things as all-natural preserved plants, garden courtyards that create a home for animals, the presence of water, and natural light. The addition of natural light by daylighting helps keep the circadian rhythm on schedule, and 57% of professionals say that natural light from windows is their most desired element.



For **indirect contact** design, include images of nature, add shapes and forms that represent nature, simulate natural light and air, and create a feeling of nature through color. When the direct contact design approach of using windows is not possible, consider products that use images of skies, landscapes, or running water. These images can either be static or run on a constant loop on a television.



Sky Factory SkyTiles<sup>™</sup>

\* Render by Sky Factory. Revelation SkyCeiling<sup>™</sup> featuring 4' X 4' SkyTiles<sup>™</sup>, Best Ceiling Product, Architectural Record (2015). The experience of **space and place** is provided through special characteristics of the natural environment: the way people move through the space, the way it is organized, how the space transitions organically, and how integrating parts to create a whole, making a person feel as though they are traversing through nature. Create this experience by incorporating interior balconies, interior courtyards, long views of surrounding settings, clear pathways between spaces, and orderly arrangements of objects in a coherently structured environment.





No matter how biophilic design is created, different types of natural items and colors can be incorporated depending on the geographic location of the built environment. For example, in the Southwest, you may want to incorporate rocks and sand within a space. In the Northeast, you may incorporate trees, grass, and flowers. The colors most prevalent in biophilic design are blue, green, yellow, and white.

Across the globe, the experience of biophilic design in the built environment has proven instrumental in advancing people's health, fitness, well-being, and overall productivity. A 2016 World Green Building Council report showed a cognitive score increase of 101% for employees who work in a green, well-ventilated office.

Without the infusion of biophilic design, a built space lacks the connection between human and nature. Losing that connection can contribute to anxiety, depression, and unfocused minds. Imagine a space that has low ceilings, no windows, and dreary paint. The ability to achieve comfort is difficult, and a feeling of escape becomes more apparent with every passing moment. An unhealthy vibe or a "fight or flight" mood starts to fester and makes you feel the weight of stress on your shoulders.

Nature is a way to escape the stresses of everyday life. Nature does not judge, it has no urgency, and it doesn't create deadlines which cause stress. Nature also promotes the idea of "just enough," the sustainability of food, energy, and growth. Nature provides a sense of mystery, offering an enticement to explore its hidden depths and never-ending views.



Creating an environment that exudes biophilia is at the forefront of a new wave of innovation and change.

# BIOPHILIA

ARCHITECTURE

More than 80% of professionals say they have their best ideas when working in flexible-space options. Flexible options don't simply refer to either working in the office or working remotely at home. Employers are now incorporating different areas for privacy and collaboration to benefit their employees. Alternative work areas that incorporate biophilic design include cafés, lounges, outdoor walking paths, and outdoor seating areas. In the natural world, there are numerous environments for all manner of life to seek shelter and create community. Nearly 80% of professionals and 87% of executives believe this freedom to work the way that suits them best also encourages innovation within the workplace.

Currently, 66% of full-time professionals believe that the design of the workplace and its environment is as or more important than office location when considering a new job. When creating spaces that positively affect overall mood and productivity, both employees and employer reap the benefits. When employees are more productive, they tend to self-invest. When the employer sees a positive response from the workforce, they can be confident of their ability to attract and retain skilled employees.

> 3,701 7,402 2,207 7,011 7,528 5,055 70,110

	pical Business perating Costs	Number of Employees	Annua of 3% Produ
	<b>10% Variation</b> A 10% variation applied	10	\$18
equ	r from equal impact.	20	\$37
	r nom equal impact.	60	\$112
		100	\$187
		250	\$467
+/-0.1% +/-0.9% +/-9.0%	6	500	\$935
Energy Costs Rental Costs Staff Costs		1,000	\$1,87

Creating an environment that exudes biophilia is at the forefront of a new wave of innovation and change. More and more companies are self-investing through the design of their buildings, bringing renewed focus to employee health and well-being.

Incorporating nature's affects in the built environment can help reduce employee absenteeism, improve health, increase peoples' moods and feeling of well-being, enrich productivity, enhance employee engagement, decrease stress levels and fatigue, and restore mental awareness. Create a more organic workplace today by incorporating biophilic design and take the beneficial leap toward employee health, well-being, and productivity. S



Heather L. Rineer is a Senior Interior Designer at Diversified Design, a collaborative, award-winning team of designers and architects providing fully integrated design services out of New Cumberland, PA. For more information on the services of Diversified Design or to join our team, visit www.diversified-design.com. You can reach Heather at (717) 625-0400 or heather@diversified-design.com.

# RIGHT OF VAAY EASEMENTS AND PARTIAL INTERESTS IN LAND

There are many active transportation projects in the region, including the current section of the I-83 Capital Beltway Project and the Carlisle Connectivity Project. Worsening roadway conditions, high traffic volume, and safety are the key issues addressed by these and other projects. Projects of such significance clearly have significant impact on real estate.

## THE LEGAL FRAMEWORK FROM WHICH RIGHTS IN REAL ESTATE ARE OWNED AND TRANSFERRED IS COMPLICATED.

It is important to know what limits there are to the free use of such rights; how real estate may or may not be used; and what documents are involved, and where and why they are recorded. Let's discuss how these issues apply to Right of Way, Easements, and Partial Interests in Land.

## **Physical Considerations**

Real estate is physical; it consists of the land and all improvements on and to the land. Improvements such as buildings exemplify improvements on the land, whereas utilities or drainage facilities are improvements to the land. Land is provided by nature, it is immobile or fixed in location, effectively indestructible, and nonhomogeneous. No two parcels of real estate are identical; every parcel of land is unique, at least with respect to location, which is fixed. Real estate cannot be physically transferred from one property owner or user to another, whereas rights to and of the land are transferrable (real property). Accordingly, a legal system of property rights has been developed.

#### BY PHILLIP "ANDY" DOHERTY

## **Legal Considerations**

Property rights in and to the real estate can be identified legally. Legal rights in real estate are typically in writing and usually must be in writing to be legally enforceable. In the United States, private property is held under what is called the allodial system, which allows fee simple absolute ownership under which there are the rights of inheritance or transfer of ownership. Fee simple ownership is subject only to certain limitations. Public limitations are limited to police power which is exercised by the government to serve the interests of the public such as health, safety, and general welfare; eminent domain, wherein public agencies may acquire rights in privately held real estate; taxation, which represents a lien on real estate, superior to all other liens; and escheat, where if a property owner dies without a will and has no heirs.

title reverts to the state. There may also be other limitations as well, which may be either voluntary or involuntary.

Deed restrictions are private, voluntary limitations placed in favor of others. Transfer of ownership does not extinguish these rights; they run with the land. Easements may be voluntary, providing to others the right of way to cross over or use of real estate. Limitations placed by others are involuntary limitations usually because of some action or a lack of action by an owner of land that damages another party. Liens are a form of involuntary limitations, that represent a claim for payment of debt. Encroachments and adverse possession are also forms of involuntary limitations placed on real estate-both may become clouds on the owner's title to the real estate.

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## **Estates**

Estates in land are non-ownership rights in real estate. Where fee simple or fee simple absolute is the highest form or ownership, it is still subject to the limitations discussed earlier. Estates in land may also be further classified as either freehold or non-freehold. Freehold estates represent ownership interests and are usually of an indeterminate length of time or held in perpetuity. Examples of freehold estates are those interests which are or may become possessory.

Non-freehold estates are always of a specific length of time and are frequently referred to as tenancies because they are possessory interests. A leasehold estate is a non-freehold estate; this possessory interest transfers with title as a limitation on the fee simple estate.

## Estates in Land and Public Transportation Easements

Generally, in Pennsylvania, most right of way is acquired in fee simple, though some consideration may be given for mineral rights. Agencies are authorized to acquire land in fee simple or some other lessor interest by donation, purchase, or by condemnation. Historically in Pennsylvania, highway easements were acquired as required right of way for transportation projects. A highway easement is not fee simple ownership, but it is very close. It is the right to the exclusive possession of property always and for all or any purpose(s). This type of ownership interest is also currently acquired at times within certain areas of Pennsylvania. In areas where a transportation project is located on land which is being deep mined or is likely to be deep mined (including gas, oil removal) by wells located off the right of way, a highway easement may be acquired as opposed to acquiring in fee simple.

Private property lines are typically not surveyed for strip takes along an existing transportation corridor or new construction when only partial takes (partial interests in land) are required. Existing property, or property to be acquired, may be classified as limited access. Abutting land owners do not have the legal right of ingress or egress (access) to, across or from a limited access highway, except as may be provided by the transportation agency. Rights to access are not grandfathered without a highway occupancy permit.

**KIGHI OF WAY** EASEMENTS AND PARTIAL INTERESTS IN LAND Only very specific interests may be acquired for transportation projects in Pennsylvania. Any other interests not previously defined may be acquired if approved by the Office of Chief Counsel, Real Property Division, with concurrence by the Chief, Utilities and Right of Way Section, Bureau of Project Delivery. Right of way plans in Pennsylvania often include the following examples of the types of easements, with the following partial descriptions or uses. These definitions may be found on recorded right of way plans in most any courthouse within the Commonwealth.

#### Aerial Easements: a lesser

interest used when the highway facility or structure passes over a railroad, the PA Turnpike, or any other property in which substantial right of way damage savings can be affected.

Slope Easements: used for support and protection of the highway improvement.

Drainage Easement: used for authorization to enter upon any land to cut, open, maintain, and repair such drains or ditches, inlets, or outlets as are necessary to carry waters from roadways.

Channel Easements: an easement to change water channels as a lessor estate in land.

Occasional Flowage Easement: an easement to allow periodic flooding.

Temporary Construction Easement: areas needed for temporary roadways, temporary bridges, demolition of the balance of a building which is partially in the right of way, etc.

## Underground Structure

Support Easement: used when a highway facility requires substructure support elements to either hold the facility back or up, such as anchors, wall straps, batters, or other subsurface elements outside the right of way.

Sound Barrier Easement: used when a highway facility requires construction of a sound barrier.

#### Sight Distance Easement:

used in very limited circumstances, acquisition of a sight distance easement over property abutting a highway to remove obstructions to the sight distance of those using the highways across and over lands of another.

Sidewalk Easement: a required sidewalk easement may be used to designate areas necessary for sidewalk construction outside of the right of way.

Traffic Signal Easement: a traffic settlement easement may be used to designate areas necessary for the installation, operation, and maintenance of a traffic signal.

### **Utility Easements**

Pipelines and other utility companies utilize similar easements when required. The language is also similar, though most easements are taken as a permanent easement (see immediately below). When land is required for staging or temporary construction, a temporary workspace easement is utilized. Exhibits relative to individual parcels are utilized and referenced with each recorded document. Below is an example of pipeline easement language:

... the right to a perpetual easement and uninterrupted right from time to time to place, erect, construct, install, use, operate, patrol, inspect, maintain, repair, reconstruct, alter, change the size of, renew, add to, relocate and remove, at will, a buried pipeline or pipelines and other appropriate facilities, accessories, and appurtenances, including but not limited to valves, fittings, and all other appurtenant facilities necessary for the transportation of natural gas, oil, petroleum products or any other liquids, gases, or substances, which can be transported through a buried pipeline, along with communication cables, wires and appurtenances, now or in the future, on, over, under, through, and across all that certain area consisting of a 35-foot-wide strip identified on Exhibit A dated \_\_\_\_\_attached hereto and made a part hereof. Grantor also grants unto Grantee the temporary right to enter upon, clear off, and use an additional strip (or strips) of land, labeled on the attached Exhibit A as Temporary Workspace, during pipeline construction and restoration.

The foregoing material is found on most recorded right of way plans, deeds of record, and accompanying exhibits, which may be found in county courthouses within the Commonwealth of Pennsylvania (public records). Other state agencies may operate in similar fashion. The processes of clearing right of way for transportation purposes are governed by State Transportation Departments, and/or the Federal Highway Administration. Utility projects are governed by the Federal Energy Commission or the Public Utilities Commission in Pennsylvania.



Phillip "Andy" Doherty is a Senior Right of Way Agent for Century Engineering, Inc. He is a state certified general real estate appraiser licensed in PA, NJ, MD, and DE. Andy has prepared appraisals for

right of way for private individuals impacted by transportation projects, adverse condemnation proceedings, the Pennsylvania Turnpike, and the Pennsylvania Department of Transportation. He has testified as an expert witness in front of various courts. He was former Chief of Appraisal and Appraisal Review for the Pennsylvania Department of Transportation. You can reach him at adoherty@centuryeng.com or (717) 901-7055.

RIGHT OF WAY EASEMENTS AND PARTIAL INTERESTS IN LAND



Working with a local economic development agency can assist expanding and start-up businesses by bridging the gap between private investment and total project costs through low interest rates, fixed terms, and low down payments. With access to federal, state, and internal loan programs, economic development agencies can help with the financing of real estate acquisition and renovations, working capital, and equipment purchases.

Warrington Farm Meats, Wellsville, Pennsylvania

#### SBA 504 CASE STUDIES:

Midway Bowling Center in Carlisle received a \$257,000 investment through the SBA 504 loan program for renovations, including a new bar area, restored lanes, new gaming tables, and a shuttle bus. Midway Bowling has been in business since 1957.

CAEDC assisted with a \$1,610,000 investment through the SBA 504 program for SPAtacular Escapes and The Carlisle Group. The Ioan was used to acquire land and construct a new office space for The Carlisle Group, along with opening the new SPAtacular Escapes wellness spa and salon in Mechanicsburg.

Warrington Farm Meats received a \$595,000 investment through the SBA 504 program to expand their butcher shop and processing facility in Dillsburg. This funding was made available because they have a farm in Cumberland County Cumberland Area Economic Development Corporation (CAEDC) is the designated economic development agency in Cumberland County, Pennsylvania. If you are launching or expanding your business to this area—the fastest growing county in the state— there is a variety of low-interest loans and grant programs available to help you get started.

**Small Business Administration** (SBA) 504 loans provide long-term, fixed rate, low-equity economic development financing for small businesses to acquire, improve, or construct real estate, and/or purchase major fixed assets for expansion.

Growing companies often look to conserve cash to solidify their working capital position for the long run, but growth often requires down payments on capital purchases for real estate and equipment needs. Fortunately, SBA 504 financing offers companies expanding an existing facility or acquiring a property the opportunity to finance the majority of their capital project costs.

SBA 504 financing is performed in conjunction with a bank partner and requires a minimum 10% equity injection. However, a company's real estate "as-is" appraisal valuation less its current outstanding mortgage balance can count toward the equity injection if the new project is taking place at the current facility or on an adjacent property. In such a case, the typical financing structure is shifted upward. For example, this could mean the bank finances about 55% of the new project and the SBA 504 loan finances the remaining 45%.

#### BY LAURA POTTHOFF

Pennsylvania Industrial Development Authority (PIDA)

loans provide low-interest financing for land and building acquisition, machinery and equipment, working capital, and energy-efficient projects. Applications for PIDA eligible projects in Cumberland County need to be submitted through CAEDC. PIDA loan benefits include a low interest rate and the opportunity to cover up to 50% of the total project cost.

#### Local economic

development agencies throughout Pennsylvania and across the country offer access to a variety of financing opportunities to support new and growing businesses.

Midway Bowling Center, Carlisle, Pennsylvania

#### PIDA CASE STUDIES:

CAEDC assisted Eleven Oaks with a \$227,500 PIDA loan to acquire farmland to grow their Wagyu Beef business in Newville. Due to the high demand for the beef, the farm needed to grow its herd size in a sustainable and healthy manner.

Classic Drycleaners & Laundromats worked with CAEDC to secure a \$200,000 PIDA loan for energy-efficient upgrades to their machines at their Carlisle location. Due to the energy-efficient upgrades, the Classic team was able to achieve another success through a \$54,600 rebate from UGI Utilities.

## CAEDC's tourism product development,

Eleven Oaks, Newville, Pennsylvania

sales, and marketing grants are available to businesses looking to increase tourism to Cumberland Valley or enhance the visitor experience. The Tourism Product Development Grant is a rolling, matching funds program that can be used for the development of thematic trails/tours, technical assistance, and asset, event, or meeting/conference expansion or development. Eligible projects can include: experiential collateral printing and distribution; professional photography, videography, and website design; advertising for major attractions, events with 500+ attendees, or to promote overnight stays; signage for historical, outdoor, or major attractions and/or promotional signage and tradeshow support including early-bird registration to tourism shows. CAEDC has assisted more than 130 projects through its sales and marketing grant programs.

#### CAEDC also has access to a variety of internal loan programs that benefit

energy-efficient projects, tourism-related businesses, and small business expansion projects. These internal programs benefit businesses by offering interest rates as low as 2% and bridge the gap to help projects that would otherwise not be possible.

#### CAEDC'S INTERNAL LOAN CASE STUDIES:

CAEDC assisted Wheelhouse Properties with energy-efficient renovations through a \$158,000 loan through the Cumberland Revolving Energy Loan Fund (CRELF). The former Carlisle Tire & Wheel building, located at 632 N. College St., Carlisle, was completely renovated into high-end apartments.

Oven Industries, located in Mechanicsburg, received a \$95,000 investment through a Community Development Block Grant (CDBG) to purchase conformal coating equipment to protect circuit boards to broaden and strengthen its manufacturing capabilities in the aerospace and defense markets.

CAEDC invested \$150,000 through the in-house Tourism Infrastructure Loan Fund (TILF) to fund equipment purchases for the VRAI restaurant in Lemoyne.

#### TOURISM GRANT CASE STUDIES:

CAEDC assisted the Carlisle Sports Emporium with a \$76,000 Tourism Product Development Grant for the addition of a new meeting venue, The Barn at Creek's Bend. The historic renovated barn will accommodate up to 300 people on the main floor, 190 on the lower floor, and another 300 on the deck.

The Winery at the Long Shot Farm received a \$74,550 Tourism Product Development Grant from CAEDC. The grant is for the addition of a tasting room to this farm winery located just north of Carlisle. The Winery at the Long Shot Farm is Cumberland County's first winery with its own vineyard, offering estate bottled wine.

These are examples of programs available in Cumberland County. Local economic development agencies throughout Pennsylvania and across the country offer access to a variety of financing opportunities to support new and growing businesses. Contact your area agency to explore the options available to help your business grow and thrive.

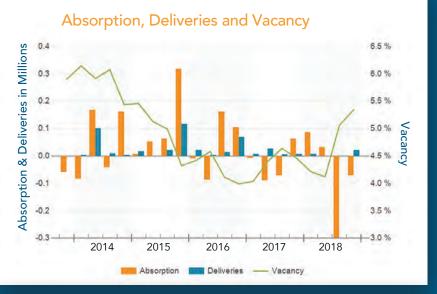


Laura Potthoff is CAEDC's Director of Business & Workforce Development. She is responsible for managing CAEDC's new and existing relationships with tourism and economic development partners to help generate business opportunities and workforce development in Cumberland County. She has experience in program management, relationship management, recruitment and retention, and budget analysis. She joined CAEDC in 2014. You can reach her at laura@cumberlandbusiness.com or (717) 240-7197. Visit cumberlandbusiness.com for more information.

# Regional Data

# Commercial/Retail

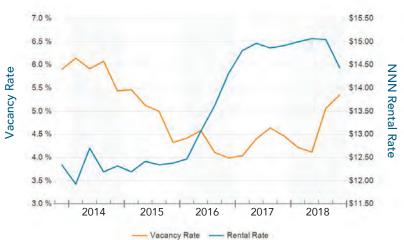
AVAILABILITY	SURVEY	5-YEAR AVG
NNN Rent Per SF	\$14.44	\$12.44
Vacancy Rate	5.3%	4.9%
Vacant SF	1,701,803	1,540,492
Availability Rate	8.8%	8.2%
Available SF	2,791,934	2,610,877
Sublet SF	15,431	25,866
Months on Market	15.5	20.9
DEMAND	SURVEY	5-YEAR AVG
12 Mo. Absorption SF	-191,932	91,702
12 Mo. Leasing SF	453,099	460,382
INVENTORY	SURVEY	5-YEAR AVG
Existing Buildings	2,141	2,113
Existing SF	31,835,850	31,635,505
12 Mo. Const. Starts	16,830	69,029
Under Construction	27,300	50,215
12 Mo. Deliveries	35,129	89,744
SALES	PAST YEAR	5-YEAR AVG
Sale Price Per SF	\$183	\$106
Asking Price Per SF	\$274	\$194
Sales Volume (Mil.)	\$164	\$135
Cap Rate	7.3%	8.0%





DAUPHIN COUNTY

CUMBERLAND COUNTY



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ш Ж In an effort to bring our readers pertinent information regarding commercial real estate in the Greater Harrisburg Area, we are including the following graphs as part of the *Commercial Real Estate Review*. This edition focuses on the Commercial/Retail and Office markets in Dauphin and Cumberland County.

## Office



AVAILABILITY	SURVEY	5-YEAR AVG
Gross Rent Per SF	\$17.80	\$17.52
Vacancy Rate	6.6%	7.0%
Vacant SF	2,277,460	2,368,769
Availability Rate	10.3%	11.7%
Available SF	3,567,064	3,965,920
Sublet SF	227,413	161,320
Months on Market	13.9	20.4
DEMAND	SURVEY	5-YEAR AVG
12 Mo. Absorption SF	-175,504	270,091
12 Mo. Leasing SF	856,324	906,452
INVENTORY	SURVEY	5-YEAR AVG
Existing Buildings	1,807	1,790
Existing SF	34,549,446	33,843,912
12 Mo. Const. Starts	26,400	127,696
Under Construction	46,400	197,793
12 Mo. Deliveries	70,000	185,352
SALES	PAST YEAR	5-YEAR AVG
Sale Price Per SF	\$88	\$96
Asking Price Per SF	\$114	\$100
Sales Volume (Mil.)	\$90	\$124
Cap Rate	8.0%	8.0%



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PLANTAR FASCIITIS IS THE MOST COMMON CAUSE OF HEEL PAIN. APPROXIMATELY 1 MILLION PEOPLE ARE DIAGNOSED WITH PLANTAR FASCIITIS EACH YEAR. IT IS DEBILITATING AT TIMES, KEEPING PEOPLE AWAY FROM THEIR ABILITY TO WALK, EXERCISE, AND SOMETIMES WORK.

### BY SUSAN ROSSO, DPM

plantar FASCIITIS

The plantar fascia is comprised of three bands of dense connective tissue extending from the bottom of the heel to the base of the toes. Its action is to reinforce the arch of the foot when pushing off of our toes, giving us forward propulsion. Repetitive strain of the fascia results in thickening and fibrosis of the fascia, which causes pain. Plantar fasciitis is most commonly seen in patients between 45-64 years of age and in those with risk factors including flat feet, high arch feet, long distance runners, military personnel, occupations requiring prolonged standing, and obese or sedentary patients. Leg length differences also contribute significantly to unilateral heel pain. About 30% of patients will have bilateral foot pain.

Clinical symptoms include sharp, intense pain in the medial plantar heel upon first step out of bed or after periods of rest. The pain can worsen throughout the day with prolonged standing.

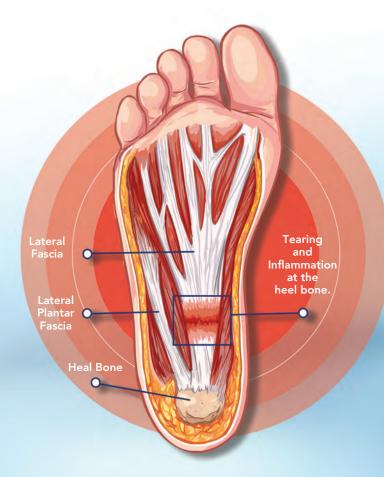
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Physical examination will show pain with direct pressure to the medial plantar heel and quite often a reduction in range of motion of the ankle. An X-ray of the heel may show a heel spur, but most importantly, the X-ray is used to rule out a stress fracture or bone cyst within the large bone of the heel. Plantar heel pain may also have a neurologic origin from the lower back or tarsal tunnel impingement, and this must be evaluated clinically and/or with nerve conduction velocity studies (NCVs). Further imaging studies such as an ultrasound or MRI are sometimes used in cases of abnormal heel pain presentation.

Typically, plantar fasciitis is treated successfully with conservative treatment in 85-90% of cases. Initial treatment consists of rest, stretching exercises, ice, modifications of current shoes, non-steroidal anti-inflammatories (NSAIDs), night splints, and over-the-counter or custom orthotics. Corticosteroid injections may also be used to help reduce inflammation, especially with patients who are not responding to other forms of conservative treatment. Physical therapy modalities, especially ultrasound, can be very helpful in reducing inflammation and promoting healing, and the physical therapist can design and monitor a therapeutic stretching exercise program.

Platelet Rich Plasma (PRP) injections are a relatively new form of treatment and are showing relief of pain and return to function comparable to corticosteroid injections. Surgical options should be considered after 6-12 months of failed conservative treatment. Surgery consists of full or partial release of the plantar fascia through an endoscopic or open surgical approach. Endoscopy can provide for less risk of infection and less scar tissue development. Approximately 75% of patients undergoing surgery reported substantial or complete relief of symptoms. This gives a very successful outlook on achieving complete resolution of pain.

Plantar fasciitis is very treatable. If you are experiencing the symptoms discussed above, a thorough podiatric evaluation is the first step toward healing and resuming a full and active lifestyle.





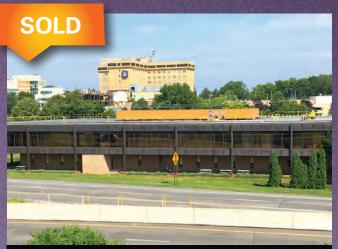
Susan Rosso, DPM currently owns and practices at Cumberland Valley Foot and Ankle Specialists in Mechanicsburg, providing conservative and surgical podiatric care. She provides specialty wound care through the UPMC/Pinnacle Health West Shore Wound Care Center.

Susan originally began practicing in the area in 2001 with Zlotoff, Gilfert & Gold, after earning a bachelor of science degree at the University of Pittsburgh at Johnstown and a doctorate in podiatric medicine at the Ohio College of Podiatric Medicine. You can reach her at (717) 761-3161 or visit cumberlandvalleyfootandankle.com for more information. GROW YOUR BUSINESS BY EXPANDING INTO ONE OF THESE LISTINGS FOR LAND, COMMERCIAL, OFFICE, INDUSTRIAL OR INVESTMENT SPACE.

		DIGE			DIOE
INVESTMENT	CITY	PAGE	COMMERCIAL	CITY	PAGE
211 House Avenue	Camp Hill	25	2801 N. Third Street	Harrisburg	32
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Allentown Blvd. and N. Hershey Road	Harrisburg	26	326 Herman Avenue	Lemoyne	33
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8001 Grayson Road	Harrisburg	26	665 Market Street	Lemoyne	33
NEW 100 Narrows Drive	Lebanon	26	5610 Derry Street	Harrisburg	33
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7700 Derry Street, Lot #4	Harrisburg	27	1801 Oberlin Road	Middletown	34
Bent Creek Blvd, Lot 2	Mechanicsburg	27	208 N. Third Street, Suite 400	Harrisburg	34
730 Limekiln Road	New Cumberland	27	156 Cumberland Parkway	Mechanicsburg	34
Lancer Street	Harrisburg	27	NEW 1301 Colonial Club Drive	Harrisburg	34
Eisenhower Boulevard	Harrisburg	27	2151 Linglestown Road	Harrisburg	34
Linglestown Road	Harrisburg	28	5275 E. Trindle Road	Mechanicsburg	34
3050 Heidlersburg Road	York Springs	28	30 N. Third Street	Harrisburg	35
349 Pleasant View Road	New Cumberland	28	1001 S. Market Street	Mechanicsburg	35
2600 Delta Road	Brogue	28	800 W. Hersheypark Drive	Hershey	35
1706 Good Hope Road	Enola	28	130 State Street	Harrisburg	35
I-81 and W. Trindle Road	Carlisle	28	205 Grandview Avenue	Camp Hill	35
700 S. Baltimore Street	Dillsburg	29	1309 Bridge Street	New Cumberland	35
W. Suncrest Drive and Spring Road	Carlisle	29	1100 N. Mountain Road	Harrisburg	36
St. Johns Road	Camp Hill	29	4386 Sturbridge Drive	Harrisburg	36
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1261 Claremont Road	Carlisle	31	301 Chestnut Street	Harrisburg	38
638 and 651 Alricks Street	Harrisburg	31		0	
3243 Pennwood Road	Harrisburg	31			

# 

# INVESTMENT LISTINGS



#### 211 House Avenue, Camp Hill

Good opportunity available for an Investor/User with this 40,000+ SF building. Excellent visibility along a major corridor. Signed Confidentiality Agreement needed for additional information.



#### 1800 Columbia Avenue, Lancaster

1,350 SF great investment opportunity directly across from Wheatland Center which is two miles west of Downtown Lancaster. This property sits on a heavily traveled retail corridor and is only 3.5 miles from the Route 283 and Route 741 interchange. Real estate only; business is not for sale. Tenant has just signed renewal until December 2028.



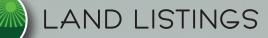
#### 5620-5630 Derry Street 5650-5670 Lancaster Street, Harrisburg

Portfolio of four properties which includes three existing buildings and a 3 acre vacant parcel. Two buildings are leased to Brightwood until 2019 with an extension option. Great upside potential with the development of the vacant parcel and leasing the apartments (16 units: 8 two-bedroom, 8 three-bedroom), 10% CAP rate. **Price reduced!** 



#### Confidential-Harrisburg

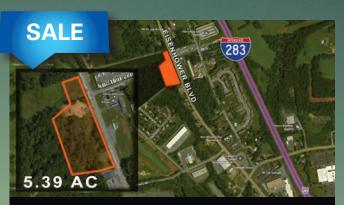
28,000 SF well-maintained, 3-story masonry building overlooking the Susquehanna River. Five (5) year lease renewal starts January 1, 2019. No deferred maintenance. On-site parking available. Signed CA needed for additional information.





#### Clover Hill Business Park, Allentown Blvd. and N. Hershey Road, Harrisburg

1.35 Acres (1 lot) remains in this 44-acre park. Excellent location between Hershey and Harrisburg with quick access to I-81, Route 22, Route 39, Route 322, and I-83. Rapid growth is bringing over 1,500 new homes within five miles of this site over the next several years.



Eisenhower Boulevard, Harrisburg

Over 5 acres of relatively level land with 770' of frontage on Eisenhower Boulevard. Property is located next to Cindy Rowe Auto Glass and close to the PA Turnpike and Route 283. Great for a commercial or retail user.



#### 100 Narrows Drive, Lebanon NEC of US Route 422 and Narrows Drive

**New pricing!** 2.2+/- acres at the intersection of Route 422 and Narrows Drive adjacent to Holiday Inn Express. Site has level topography, stormwater management plan already approved and driveway permits from the township. All the site needs is a user to obtain plan approvals for their building and parking.



Gettysburg Pike & Spring Lane Road, Dillsburg

14.92 acres available in this developable site adjacent to restaurants, convenience stores, office, and lots of residential units. Property has good highway visibility and access via a traffic controlled intersection.



8001 Grayson Road, Harrisburg

2.25 Acres available in a high-profile and convenient location along Route 322 with access from Grayson Road. There are several opportunities for redevelopment. Building size(s) is (are) flexible.



8.34 Acres available with controlled intersection and utilities on-site. Ideal opportunity for a church relocation or home business on this vacant parcel. Close to the Harrisburg Mall, TecPort Business Campus and great access to Route 283, I-83 and the PA Turnpike (I-76).





#### 7700 Derry Street, Lot #4, Harrisburg

1 Lot remains - 2.12 acres available for sale. Take advantage of current interest rates and join in on the expansion of this prime location between Hershey and Harrisburg. You can spec design your next space from the ground up. Flexible zoning allows for a variety of commercial, office and light flex uses. Easily accessible to US Route 322 and all of the Central PA highway network.



#### Bent Creek Blvd, Lot 2, Mechanicsburg

2.02 Acres available in highly visible corner at the entrance at one of West Shore's most prominent business parks. Being at a corner with a traffic light and within close proximity to the Wal-Mart and Giant shopping centers, this tract offers a great location for a variety of retail/commercial uses.



Lancer Street, Harrisburg

Over 7.5 acres of semi-wooded, multi-family ground for sale in well-established, multi-family community. Excellent proximity to all services, shopping, transportation and more. Perfect for townhome development (approved for 37 units).



Eisenhower Boulevard, Harrisburg

Nice 10-acre site on Eisenhower Boulevard with easy access to Route 283, I-83 and PA Turnpike (I-76). This site is surrounded by commercial, retail and industrial development and the Commercial General zoning permits virtually any of these like uses for future development. **New pricing!** 



730 Limekiln Road, New Cumberland

Over 8 acres of land available within a 1/4 mile of the Limekiln Road exit off I-83. Good for a variety of commercial uses. Some visibility to travelers going eastbound on the PA Turnpike. **Price reduced!**  R

# LAND LISTINGS



Over 60 acres of land, zoned Agricultural Residential for sale in Lower Paxton Township. Located off Linglestown Road with access also available from Piketown Road, just moments from several of Harrisburg's major thoroughfares.



Two parcels totaling 9.15 acres available for sale or lease in York County next to Rutter's Farm Store. Properties have good visibility on Delta Road (Route 74) and easy ingress/egress.



3050 Heidlersburg Road, York Springs

Excess land around the new Rutter's in York Springs. Over 18 acres available for multiple users. Quick access and good visibility from Route 15.



Nearly 46 acres of land with visibility and quick access to I-83. Property is zoned Commercial Business which allows a variety of uses including hotels, mini-storage warehouses, motels, professional businesses, and medical offices. The parcel can be sub-divided to 5 acre lots. Water is available adjacent to site.



#### 1706 Good Hope Road, Enola

6.78 Acres of land in highly desirable Hampden Township. Property has excellent visibility from Good Hope Road and I-81 and is zoned Office Park, which is a suitable environment for business, professional, financial and governmental offices adjacent to or conveniently accessible to major transportation corridors.



I-81 and W. Trindle Road, Carlisle

Two parcels for sale along W. Trindle Road, directly off I-81. Build on parcel 1 for maximum exposure. Additional parking as needed would be available on the 0.55+/- acre Parcel 2. **Price reduced!** 





700 S. Baltimore Street, Dillsburg

5.23 – 57.5 Acres available made up of three parcels with great topography and accessibility from Baltimore Street (Route 74). Only moments from Route 15, a truly unique opportunity with a great country setting for a residential neighborhood. Properties can be sold together or individually.



W. Suncrest Drive and Spring Road, Carlisle

Five (5) land parcels available in the commercial/light industrial zoning of North Middleton Township. One lot has good access and visibility from Spring Road. The remaining four parcels are tucked in a cul-de-sac just off Cavalry Road.



St. Johns Road, Camp Hill

Great opportunity to purchase a site zoned for professional/medical office use and commercial/retail use. There are many professional neighbors surrounding the site, including two business parks. Close location to the Capital City Mall and its surrounding commercial/retail neighbors. Quick connection to US Route 15 and the PA Turnpike (I-76).



#### 503 Jonestown Road, Jonestown

7.91 Acres of commercial land located at a signalized intersection of Route 72 and Jonestown Road. Quick access to Route 22 and 322, and I-78.



#### 300 S. Sporting Hill Road, Mechanicsburg

Over an acre of level land available, located along Sporting Hill Road. Average daily traffic along S. Sporting Hill Road is 17,023. Great location for professional or business offices.



7700 Derry Street, Lot #8, Harrisburg

2.3 Acres available at high traffic area at a signalized corner, adjacent to new Rutter's Farm Store, Members 1st Credit Union and Susquehanna Bank branches. Surrounding area is densely populated with residential, business and office parks, and other commercial/retail businesses.

# LAND LISTINGS



#### 370 W. Main Street, Leola

Two pad sites available in a growing area with high visibility and easy access. Join the new Rutter's Farm Store on Main Street/New Holland Pike in Leola.



Good retail site in growth corridor of Northern Dauphin County. The 5+/- acre tract is generally level and has over 600 feet of frontage on busy Route 147/225.



#### 1900 State Road, Duncannon

9.46 Acres of level land with great frontage and visibility along Route 11/15. Property is zoned Commercial which allows a large variety of commercial, retail and business uses.



Waterford Square, Carlisle Pike (Route 11), Mechanicsburg

Located on Mechanicsburg's rapidly expanding Carlisle Pike, Waterford Square is perfectly positioned to cater to the strong business growth in the area. Over 9.5 acres remain in the park. Excellent access to major transportation routes.



Route 75 & William Penn Highway, Mifflintown

Join Rutter's in Juniata County. The new store (their 63rd location) opened in the summer of 2016 and excess land is available for a variety of users. The site is located right off the Port Royal, PA exit and easily accessible for large trucks and heavy volumes of car traffic. **Public water and sewer available.** 



17+ Acres available for sale along busy Allentown Boulevard with over 2,200' of frontage. Zoned Commercial Highway (CH) with multiple uses being possible. **Price reduced!** 

# INDUSTRIAL LISTINGS



142 Reno Avenue, New Cumberland

Good space for a light manufacturing or small warehousing operation. The available 900 – 5,500 SF is located in the heart of New Cumberland. Good access to I-83 and the PA Turnpike (I-76). There is both a shared dock door and a ramped drive-in door available with space.



638 & 651 Alricks Street, Harrisburg

20,000 SF freestanding warehouse along the 6th Street industrial corridor. The building is clean, well-maintained, and functional. Additional land across the street (638 Alricks Street) is also available for sale.



700 Angenese Street, Harrisburg

29,280 SF functional warehouse property for sale along the Sixth Street industrial corridor. Convenient access to I-81, Route 22/322 and the City. This property can be purchased in conjunction with 638 and 651 Alricks Street and/or 3243 Pennwood Road. A 5,500 SF temporary canvas building has been setup at this location, which can also be purchased for an additional cost.



3243 Pennwood Road, Harrisburg

This 6,000 SF property is conveniently located in Harrisburg with access to I-81 and I-83. It can be purchased in conjunction with 638 (paved and fenced parking lot) and 651 Alricks Street and/or 700 Angenese Street. Also an adjacent caretaker's house can be purchased for \$120,000 if desired.



1,500 – 3,000 SF small office and warehouse space available for lease. Warehouse has drive-in door (8'x10') and the property features plenty of on-site parking. Claremont Road is just moments from Route 11 and the I-81 interchange.





#### 2801 N. Third Street, Harrisburg

62,621 SF available for sale in this stunning landmark in the City of Harrisburg. 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.



110 Altoona Avenue, Enola

4,594 SF freestanding commercial building with good visibility. Property has been well-maintained over the years and offers an open floorplan which allows for a variety of uses.



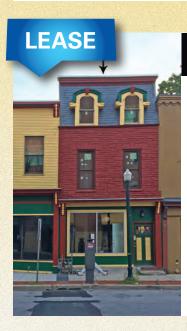
#### 4856 Carlisle Pike, Mechanicsburg

34,450 SF available in this attractive, updated showroom space with a warehouse area in the back and a large open area located on the second floor. Located in the Hampden Center in Mechanicsburg.



415 Market Street, Harrisburg

5,918 SF available on the first floor in the Harrisburg Transportation Center in Downtown Harrisburg. In walking distance to all the downtown restaurants, amenities, and Riverfront Park.



#### 1421 N. Third Street, Harrisburg

953 SF available in this great leasing opportunity in completely renovated and updated building in the heart of thriving Midtown Harrisburg. Neighbors include HACC Technology & Trade Campus, Susquehanna Art Museum, Midtown Cinema, Broad Street Market, The Midtown Scholar Bookstore (two blocks away), Millworks, Yellow Bird Cafe and much more.



2,854 SF prime retail/commercial space in the Borough of Duncannon. This former bank boasts a notable exterior facade and a clean, functional interior. **Price reduced!** 





#### 326 Herman Avenue, Lemoyne

The chance to purchase the former West Shore Bureau of Fire station should set off sparks in the minds of resourceful buyers. This 7,357 SF property is located in the heart of Lemoyne Borough. The firehouse has kept some of its original charm and features but has also had renovations to 'keep up with the times' including additions, an upgraded AMP service, updated kitchen area and ADA restroom (first floor). Office and retail uses would be allowed with a zoning change.



#### 5610 Derry Street, Harrisburg

30,080 SF move-in ready facility available. Aggressively priced flex retail and office space with a warehousing component (as an accessory use) along a heavily traveled section of Derry Street. Well situated to serve both Hershey/Hummelstown and Harrisburg. Located near major retailers such as Home Depot, Sheetz, and McDonalds. This one-story building features a large, open showroom and multiple warehouse areas with 21' - 25' (18'6" clear) ceiling heights. **Price reduced!** 



#### 5129 E. Trindle Road, Mechanicsburg

Brand new retail or office space along Trindle Road. Great visibility and parking. The 4,000 +/- SF is an open shell - ready for your finishing touches.



#### 3424 N. 6th Street, Harrisburg

2,500 SF gorgeous café available 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. **Price reduced!** 



#### 665 Market Street, Lemoyne

The 1,000 SF open floorplan allows for good retail or office space. Market Street is a well traveled area in Lemoyne.

# OFFICE LISTINGS

## LEASE



#### 1801 Oberlin Road, Middletown

500 - 5,074 SF available in this charming three-story stone structure with professional office tenants. Convenient access to both Harrisburg and Lancaster. Easy access to Harrisburg International Airport.



#### 1301 Colonial Club Drive, Harrisburg

2,775 SF available in this office space just off Linglestown Road with good parking and signage. The office space is bright and consists of private offices, an open area (for conferences or cubicles), a kitchen and plenty of storage.



#### 208 N. Third Street, Suite 400, Harrisburg

2,500 - 4,542 SF completely renovated and updated suite on the 4th floor. This historic building faces the Capitol Complex with great window lines. All the downtown amenities are a few steps from the doors and parking is a block in every direction.



2151 Linglestown Road, Harrisburg

2,023 SF first floor condominium in the Saratoga Office Center available for sale or lease. 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. **Price reduced!** 



156 Cumberland Parkway, Suite 200, Mechanicsburg

1,843 SF first floor office space available in this Class A, high-profile building. The location offers easy access to Route 15 and the PA Turnpike (I-76), plus great local amenities. It is hereby disclosed that a partner in the ownership of this property is a licensed real estate salesperson in the Commonwealth of Pennsylvania.



#### 5275 E. Trindle Road, Mechanicsburg

2,318 – 7,018 SF available in this open, corner office suite offering functionality and usability. There are many private offices and large conference room(s) lining the perimeter. This 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.





#### 30 N. Third Street, Harrisburg

1,443 – 20,112 SF Class A office building with many desirable features including a marble lobby and a skywalk to Strawberry Square, Walnut Street garage, Harrisburg Hilton, Whitaker Center, etc. The building is Energy Star Certified and utilizes the latest energy management systems for optimal energy efficiency. The building offers a 24-hour security system with on-site management. Located directly across from the Capital Complex and Federal Building and a few blocks from the City and County Administrative Offices/Courthouses.



#### 1001 S. Market Street, Mechanicsburg

2,380 SF available in this two-story professional medical office. 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.



#### 800 W. Hersheypark Drive, Hershey

34,500 SF available in this two-story, brick professional office building located next to the Giant Arena at Hersheypark. Well-maintained building with large lot.

### SALE/LEASE



## LEASE

#### 130 State Street, Harrisburg

955 SF available for lease along the State Street corridor leading to the steps of the Capitol Complex. Ideal for lobbyist, attorney or other professional who visit the City frequently and could benefit from having a local office. The space features three offices, conference room and a private restroom. First floor conference (with private kitchen and restroom) is available for use. Entire 3,060 SF building available for purchase. Price reduced!



#### 205 Grandview Avenue, Camp Hill

1,542 – 10,500 SF Class "B" medical/office building available. The building is located in a prestigious West Shore location and boasts gorgeous views. Property is undergoing major renovations including new HVAC units and exterior painting.



#### 1309 Bridge Street, New Cumberland

Property is comprised of a  $12,925\pm$  SF, two-story brick office building on a  $0.65\pm$  acre parcel with abundant parking. Currently, there are five (5) tenants in the building with month-to-month leases. The property has been well cared for over the years by the original Owner.

# OFFICE LISTINGS

### PENDING SALE

1100 N. Mountain Road, Harrisburg



5,612 SF available in this brick, single-story office building in Lower Paxton Township. The property features two tenants and another 1,276 SF suite for the owner/user. It offers great signage and visibility on Mountain Road as well as close proximity to I-81.



#### 112 Market Street, Harrisburg

1,500 - 5,500 SF available in this great downtown location, directly across from the Dauphin County Courthouse. Easy access to all the downtown business and entertainment districts. The fifth floor suite was recently renovated with expansive views of the Susquehanna River. Parking is available in the Market Square Garage at market rates.



#### 4386 Sturbridge Drive, Harrisburg

3,600 SF available – open floorplan. Newly constructed Class A office space for medical or professional use. Located along Linglestown Road (Route 39) with close access to lodging, Super Giant store, eateries, gas, banking, and all major transportation corridors. **Price reduced!** 



10,000 SF nicely finished office space, conveniently located on the SWQ of the US Route 15 and PA Route 581 interchange, with sign exposure to each highway. Upon completion of PennDot's US 15/PA 581 project, Linda Lane will be accessible from a full signalized intersection. 5,754 SF available for lease.



800 N. 3rd Street, Harrisburg

Suites ranging from 358 – 1,207 SF available in prominent downtown office building across from the State Museum and one block from the Capitol Complex. This is a perfect location for attorneys and associations. On-site parking available and many other amenities are available to Tenants.



415 Market Street, Harrisburg

Suites ranging from 266 – 5,260 SF on the second and third floors. Located in Enterprise Zone; permits professional offices, personal services and other common office use. In walking distance to all the downtown restaurants, amenities, and Riverfront Park.





#### 5006 E. Trindle Road, Mechanicsburg

Condominium units now available for sale in this building. Three suites in this building with 2,113 – 5,113 SF contiguous available. They can be sold individually for owner/user or together as an investment. This is an excellent location in a newly developed area of Hampden Township.



#### 212 N. Third Street, Harrisburg

One fully furnished 500 SF suite available in this attractive brick office building. Perfectly suited for attorneys, lobbyists, associations or any other professional user. The building is centrally located just steps from the Capitol Complex as well as many eateries, retail shops and downtown attractions. New aggressive rates include in-suite janitorial.



400 Bent Creek Boulevard, Suite 150 Mechanicsburg

5,445 SF available in this professional office space located within the Pennsylvania School Boards Association building. The building and suite have been well-maintained and updated since being constructed in 2005. Over 200 lined parking spaces available. **Price reduced!** 



#### 5010 E. Trindle Road, Mechanicsburg

Excellent location in newly developed area of Hampden Township. One condominium (Suite 200) – 3,895 SF unit available for sale. Can be sold for owner/user or as an investment.



#### 3780 Trindle Road, 2nd Floor, Camp Hill

Centrally located on Trindle Road, this building has great visibility and excellent access. The 790 SF second floor suite features three offices and reception area. The property is very well-maintained and the furniture in the suite is available for sale or it can be removed.



#### 4825 E. Trindle Road, Mechanicsburg

1,304 SF available in this E. Trindle Road location. The building lays out well for a small professional/business office. As an investment there is one acre of land for a potential larger office or construction of multi-family units behind the office building. There are numerous possibilities with this property. OFFICE LISTINGS

# N/I CIR

## LEASE

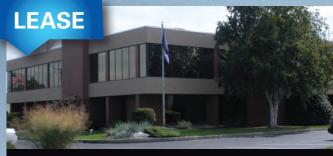


3,000 - 4,403 SF available in this functional, single-story office building in prominent Hershey location. Perimeter window line can be expanded to suite tenant's specs. 35+/- parking spaces in common with all tenants in building, and over 100 parking spaces available.



#### 1007 N. Front Street, Harrisburg

100 – 14,500 SF attractive office space available on North Front Street in Harrisburg. With beautiful views of the Susquehanna Riverfront, this space is undergoing interior updates, offers on-site parking and quick access to I-83, I-81 and the West Shore.



#### 3425 Simpson Ferry Road, Camp Hill

One suite available (2,746 SF). Office area has great perimeter window lines designed for professional users. There is ample parking on-site and easy access to Route 15, Route 581 and the PA Turnpike (I-76). Amenities close by include banks, restaurants, shopping and convenience stores.



#### 1223 E. Chocolate Avenue, Hershey

2,850 SF available in this beautifully kept, freestanding office on heavily traveled E. Chocolate Avenue. The space is very versatile and will lend itself to a variety of users. Features include a first floor office area with reception/waiting, offices, a conference room and kitchenette. The second floor has a two-bedroom apartment that is rented on a short-term basis. Storage areas are abundant throughout.



346 York Road, Carlisle

This nearly 50,000 SF property offers immense versatility and opportunities. It is located just moments from the Carlisle Crossing Shopping Center, Carlisle Airport and I-81. **Price reduced!** 



#### 301 Chestnut Street, Harrisburg

524 – 10,918 SF available at Pennsylvania Place. This is a one-ofa-kind development for the Harrisburg market that includes over 50,000 SF of Class A office space in the City's thriving downtown district. The building offers an ultimate level of visibility, functionality and sophistication. On-site parking, workout facility, a swimming pool and high-end finishes embody the urban luxury of this high-rise mixed-use building.



## HARRISBURG COMMERCIAL REAL ESTATE REVIEW/REPORT SEEKING WRITERS

Get the added recognition you deserve by sharing your expertise in one of the Bill Gladstone Group of NAI CIR publications! This includes our monthly Newsletter (Report) and quarterly Magazine (Review). We are looking for a mix of industry related topics that our list of over 4,000 subscribers will find informative. Topics can include finance, development, architecture, technology, wellness and much more.

If interested, please contact Chuck Bender at (717) 761-5070 ext. 152, cbender@naicir.com or submit your information using the short form found at http://bit.ly/1iBsLuk.



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