

THIRD QUARTER 2019
COMMERCIAL

real estate

REVIEW



SPECIAL PURPOSE LISTINGS

1508 Derry Street, Harrisburg, PA 17104

18,355 SF large, City church with the original structure constructed in 1906. The property features a parsonage, large sanctuary (300+ seats), a banquet hall and a separate educational building (constructed in 1957). The property also has on-site parking.

SALE



2221 N. Sixth Street, Harrisburg, PA 17110

15,852 SF available in this historic church. It was founded in 1890, rebuilt in 1895 and expanded in 1916 as a memorial to Camp Curtin, the largest northern military camp of the Civil War. The church stands out as a prominent important architectural landmark for the city of Harrisburg and the region. The property features the ability to seat over 700 congregants, beautiful stained glass windows, one of the largest organs in Harrisburg, many offices and classrooms, and a large commercial kitchen with adjacent fellowship hall.

SALE



260 Boas Street, Harrisburg, PA 17102

7,658 SF downtown Harrisburg church property for sale. Two-story brick building features a fully finished basement and an adjacent courtyard. The property is elevator serviced and the second-floor sanctuary holds approximately 250 people. Additionally, there is a fellowship hall and kitchen, classrooms and office. Built in 1881, this historic building features many architectural details.

SALE



3200 N. Third Street, Harrisburg, PA 17110

8,720 SF all brick construction church with great potential for multiple users. Property features a main floor with the chapel and several classrooms and offices. Exposed lower level area includes a variety of classrooms, fellowship hall and a kitchen area. New pricing now available.

SALE



25 S. 28th Street, Harrisburg, PA 17103

11,000 SF beautiful stone church in the heart of Penbrook Borough featuring 30'+ chapel ceilings, stained glass windows, and a large organ which adds great character. This historic centerpiece has a favorable layout including multiple chapels, classrooms, offices, and a large social hall with adjoining kitchen. The property conveys with a large parking area. The use could be perfect for a church group looking for a new home or for artists, musicians or theater companies.

**PENDING
SALE**



3985 N. 2nd Street, Harrisburg, PA 17110

Susquehanna Township house of worship and adjacent parsonage for sale totaling 8,004 SF. The religious facility contains 6,300+/- SF with a 150+ seat capacity sanctuary, four offices, a restroom and an elevator. The finished lower level contains a kitchen, classrooms and fellowship area. Property also features a three-bedroom parsonage, large land area and a pavilion with a kitchen.

**PENDING
SALE**



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WILLIAM M. GLADSTONE, CCIM, SIOR

What if You Had a Mentor?

Remember how difficult it was when you first got in the business? You sat alone at your desk and your only interaction with colleagues was when you had a question. Remember the frustration of being unsure what questions you even needed to ask?

How much faster would your career have accelerated if you had a mentor at your side — someone who knew the questions, understood the ramifications based on experience, and could shorten your very steep learning curve?

When I started with NAI CIR (CIR at that time), we were on two floors. My “cube” was in the back-left corner of the first floor in the area designated for newly hired agents. The seasoned agents (and possible mentors) were all on the second floor and there was no reason for them to come to the first floor. I spent a lot of time by myself, trying to figure it all out. I had no idea what to do, how to implement what I did come up with, or how to monetize it. Eventually I figured some of it out (I’m still learning) as now I have developed a team of six that I support.

I often wonder how quickly I could have accelerated my career if I had a mentor to facilitate my desire to learn commercial real estate brokerage. With a mentor at my side, it would have been easier to meet the demands of the business much earlier, yielding a much larger, active client base sooner.

In those early days, I stayed late because I spent all day trying to connect with people who could be instrumental in helping me move my business plan forward. I knew I had earned no income that particular day and when I got home that night, a new set of bills would have arrived. I remember going in a variety of directions which, in retrospect, I should not have attempted. Those paths took me to places of very little usefulness and provided no opportunity to earn income. It may not have been a total waste of time, as there is always the opportunity to learn from mistakes.

In the beginning, trying to move forward, learn the business, and stay motivated in the face of each obstacle, it was hard to keep a positive attitude and stay focused in an effort to make a career out of commercial brokerage. I had no choice. I was too far into it to give up and start over in a different field. A mentor would have been a real asset and could have saved me time.

Maybe you have been nodding along with my story or maybe you are at the starting line and wishing you had a mentor. If you don’t have a mentor, I highly encourage you to find one. When you are fortunate enough to have a mentor, continue to take responsibility for your own self-development. Your mentor may not always be available and you will need to use what you have already learned and do the best you can.

Using both pathways, you can gain knowledge and expertise from your mentor while assuming responsibility for your professional growth and your future. In any business, the combination of mentorship and personal responsibility will contribute to your success, but having a mentor can offer a huge advantage throughout your career.

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ON THE COVER:

Bill Gladstone, NAI CIR, demonstrates the consequences of not addressing the HVAC system properly during a planned renovation. See related editorial on Page 14.

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A Golden Opportunity To Save Tax Dollars



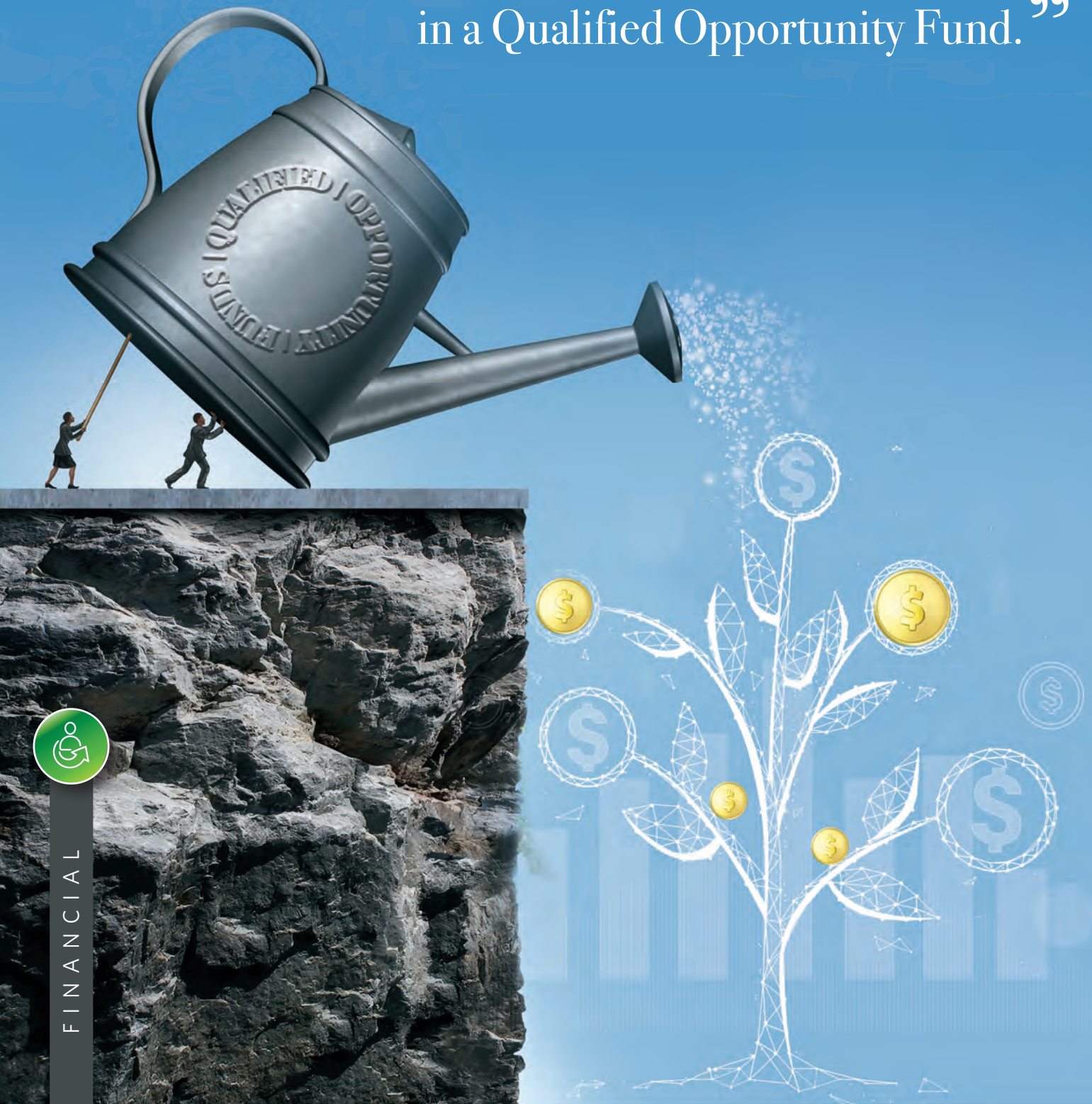
The U.S. Congress' right to impose the federal income tax was established when the 16th Amendment to the Constitution was ratified on February 3, 1913. Since then, many new federal tax laws have been enacted for economic, social, or political reasons.

Some tax laws raise tax rates and some offer tax credits, while others are meant to provide support for a candidate's re-election. Over the years, many new tax laws have been met with discontent, nonsupport, and a push to have the new law modified or overturned. Such is not the case with the Opportunity Zone Program included in the Tax Cuts and Jobs Act of 2017. Since it began on January 1, 2018, the Opportunity Zone Program has been very well received, as it provides both business owners and investors the ability to achieve substantial federal tax savings.

The stated goal of the Opportunity Zone Program is the use of capital gains realized by business owners and investors to revitalize certain lower income communities. Congress estimated that at the end of 2017 there were at least \$2 trillion of unrealized capital gains that could be used for the Opportunity Zone Program. The program allows capital gains to be invested in businesses in one or more of an estimated 8,700 designated Opportunity Zones, offering taxpayers temporary and permanent tax deferral as a reward for helping to revitalize economically challenged communities. This is truly a win-win proposition.

BY JEFF THOMAS

“All long-term and short-term gains are eligible to be reinvested in a Qualified Opportunity Fund.”



TIMELINE FOR INVESTMENTS

	INVESTMENT YEAR 2019	YEAR 5 2024	YEAR 7 2026	YEAR 8 2027	YEAR 10 2029
TAX ON CAPITAL GAIN INVESTMENT	Gain realized and invested in Opportunity Fund within 180 days*	10% reduction of capital gains tax	15% reduction of capital gains tax	All taxes payable on 4/15/2027 Investor pays tax on 85% of original gain	
*Tax is deferred until the earlier investment liquidation (return of capital) 12/31/2026					
TAX ON OPPORTUNITY FUND INVESTMENT		Any gain realized on Opportunity Fund Investment is fully taxable if liquidated	Any gain realized on Opportunity Fund Investment is fully taxable if liquidated.	Any gain realized on Opportunity Fund Investment is fully taxable if liquidated	Any gain realized on Opportunity Fund Investment is TAX FREE**
**Any appreciation on Opportunity Fund investment is tax free if held > 10 years					

Opportunity Zone Program basics

Businesses located within an Opportunity Zone will be funded with an equity investment from a self-certified entity known as a Qualified Opportunity Fund. Qualified Opportunity Funds are derived via the investment of capital gains generated by a proprietor, friends and family, or other outside investors. Realized capital gains must generally be invested in a Qualified Opportunity Fund within 180 days; however, additional flexibility exists for gains passed through from flow-through entities, including partnerships, and certain gains from the sale of assets used in a business.

Gains eligible for investment

All long-term and short-term gains are eligible to be reinvested in a Qualified Opportunity Fund. This includes gains from the sale of investments (stocks, bonds, and/or real estate), the sale of business assets, and the sale of a personal residence, art, automobile, and other personal property. The eligible Qualified Opportunity Fund must be a domestic entity classified as a corporation or partnership for tax purposes. It must be formed for the purpose of investing in an Opportunity Zone business. The Qualified Opportunity Fund must self-certify using IRS Form 8996.

A beneficial example

Jane Bizowner sold her business on June 1, 2019, for \$150,000. Jane's tax basis in her business was \$50,000, so Jane realized a capital gain of \$100,000. Jane could simply include the capital gain in her 2019 taxable income and pay federal and state tax on the gain on or before April 15, 2020. However, if Jane invests the \$100,000 capital gain in a Qualified Opportunity Fund within 180 days of June 1, she can enjoy the benefits offered by the Opportunity Zone Program. Jane gets to keep, on a tax-free basis, the \$50,000 of cash that equals her tax basis in her business. Jane can then elect on her 2019 federal tax return to defer the tax on the gain for up to seven years. The Qualified Opportunity Fund into which Jane invests her \$100,000 capital gain will make an equity investment in a business located in a Qualified Opportunity Zone.

After five years, Jane will receive a 10% (\$10,000) step-up in basis, reducing her taxable gain to \$90,000. The tax on the gain remains deferred. After another two years, Jane will receive an additional 5% (\$5,000) step-up in basis, reducing her taxable gain to \$85,000. On December 31, 2026, the deferred tax on the reduced taxable gain of \$85,000 is due and is payable on April 15, 2027. Jane has achieved a seven-year deferral and a reduced tax on her original \$100,000 capital gain. And now for the really good news ...



No federal tax on Fund investment

If Jane does not dispose of her investment in the Qualified Opportunity Fund for at least 10 years and then sells it for a gain, there will be no federal and possibly no state tax on the gain. The appreciation on Jane's interest in the Qualified Opportunity Fund permanently escapes federal and possibly state taxation. Just think: If Jane invests in the next Microsoft or Google, she would save millions in taxes. To take full advantage of the Opportunity Zone Program's tax benefits, investments of realized capital gains into Qualified Opportunity Funds should be made by December 31, 2019. However, the Opportunity Zone Program is not scheduled to terminate until the end of 2047. Therefore, investments made by December 31, 2037 are eligible to be disposed of on a no-tax basis.



A golden opportunity for businesses

The Opportunity Zone Program offers new businesses located in an Opportunity Zone the ability to be funded with tax-deferred equity dollars. The owners of the new business also will gain the possibility of tax-free appreciation after 10 years.

Pre-existing businesses can form new companies (subsidiaries/affiliates) and locate them in Opportunity Zones. The new companies can then meet the Opportunity Zone requirements and take advantage of the available tax-deferred and tax-free benefits.

If a business buys property in an Opportunity Zone and that property had been previously placed in service, then the business must invest 100% of the existing basis in improvements over a 30-month period. No reinvestment is necessary if the property was vacant for five years or if the property is leased. Leasing space in properties that were previously placed in service and are located in an Opportunity Zone is a very good way for an Opportunity Zone business to avoid having to make substantial investments in its Opportunity Zone property.

The fine print

A qualified Opportunity Fund must hold at least 90% of its assets in Qualified Opportunity Zone property. This includes certain stock or partnership interests of the underlying business and/or business property (personal and/or real property) of a Qualified Opportunity Zone business. Testing for the 90% threshold is performed every six months.

Substantially all of the tangible property owned or leased by an Opportunity Zone business must be Qualified Opportunity Zone property, located in the Opportunity Zone. Proposed U.S. Treasury regulations define substantially as 70% or more. At least 50% of the gross

income must be derived from the active conduct of the business within the Qualified Opportunity Zone. Proposed Treasury regulations are available to guide an Opportunity Zone business owner and enable them to meet the requirements of the 70% and 50% tests.

A bright future

Billions of capital gains have already been invested in Qualified Opportunity Funds. Real estate and business deals are closing quickly in many Opportunity Zones. At first blush, it appears that the Opportunity Zone Program will be a success and many blighted areas will be returning to their former glory. Additional taxpayer-friendly Treasury regulations are expected by year's end and these should make the program even more beneficial.

Disclaimer: The information presented here has been prepared for general guidance on matters of interest only and does not constitute professional advice. You should not act upon the information presented here without obtaining specific professional advice. No representation or warranty is given as to the accuracy or completeness of the information. You should also be aware that additional Treasury regulations are due to be released to further clarify the Opportunity Zone Program provisions of the Internal Revenue Code. ☺



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DEVELOPMENT



How the Medical Office Market Can Benefit from Using Flexible Office Space

Co-working and shared office space is not a new model. Businesses like Regus have been providing flexible, monthly memberships for access to shared office space for years. This rose out of a growing need for businesses to have short-term, extremely flexible work locations so that they could scale up or down rapidly. Particularly, early-stage startups couldn't afford to lock into even year-long contracts for office space because their needs for workspace were constantly changing.

BY MICHAEL J. KUSHNER, CCIM



Shared co-working space provides

an extremely flexible option for businesses and their employees to have a professional workspace with the ability to increase or decrease space quickly and frequently. Now other industries have taken note of the unique benefits of co-working spaces and have started to develop their own models. The healthcare industry has jumped on this bandwagon and we're now beginning to see medical co-working spaces spread across the nation, starting in cities such as Scottsdale, Arizona.

It may be hard to envision how doctors and other medical professionals can use shared workspaces to see patients, especially given the privacy and health considerations that come with the nature of the business. However, when you dig a little deeper, you'll see that it's a well-developed model that stands to disrupt traditional medical offices which tend to carry significant overhead and the inability to easily adapt.

BENEFITS OF USING A MEDICAL CO-WORKING SPACE

Co-working spaces are usually newly remodeled and fully built-out to fit the exact needs of the industry they serve. For medical co-working spaces, these rooms will feature a clean and organized space with new furniture and all the necessary resources to see and treat patients. Medical professionals can reserve the space for only the days that it's needed. For some, this might be just two or three days per week. In a traditional medical office setting, when not in use, the space must still be paid for even if it's sitting vacant.

Additionally, the concept of medical co-working spaces allows medical professionals to test out a new location where they may consider opening a future office. By offering services in a co-working space in the new area, they can see if patients prefer to see them at that location and how often they can fill their schedule there.

SPACE THAT CAN CHANGE WITH DEMAND

Co-working spaces are extremely flexible. Most businesses offering this amenity require only a 12-week commitment, then charge month-to-month. This is a big difference from a traditional office lease which is at least one year, usually multiple years.

In the medical industry, providers typically experience one of two problems pertaining to medical office space. First, the practice may be growing and without enough rooms, patients become frustrated by delays in appointments or appointments that must be made weeks in advance. Second, the practice may be shrinking and is losing even more money paying for space that is not being used. In both scenarios, medical professionals could benefit from the flexibility of office space that can change with demand.

With flexible office space, like co-working spaces, the need for space can change week-to-week and month-to-month. This affords medical professionals extreme flexibility. The end result is more convenient options for patients and less overhead for doctors.

PRIVACY AND HEALTH CONSIDERATIONS

It's important to consider that the highest standard of privacy and cleanliness is always expected by patients. If medical professionals should choose to see patients in a co-working setting, they should be prepared to reinforce to patients that though this is a shared space, the room is completely private and always properly cleaned.

As with any new trend, there may be some initial hesitations to overcome from both providers and patients. However, because there are so many pros to outweigh the cons, as more and more people experience medical care from a co-working space, soon it will feel as comfortable as a traditional office environment, if not more so!



A TREND ON THE RISE

The co-working model is exploding, taking real estate empires like New York City by storm. The 1.7 million square feet that co-working providers, like WeWork, leased in the first half of 2018 accounts for 10 percent of all new leasing activity in New York City this year. In fact, WeWork is about one lease away from becoming the biggest private office tenant in Manhattan – beating out JP Morgan Chase! A trend that so quickly proved its value and dominance in a place like New York City will rapidly expand into smaller markets and new industries. This is not some overnight trend that will be a flash in the pan. Rather, it's the future of office real estate that traditional real estate owners and investors need to embrace if they want to keep and attract new tenants.

THE BOTTOM LINE

Major healthcare trends are sweeping the nation and they stand to greatly change the way healthcare-related businesses view and use commercial real estate. The concept of co-working spaces that doctors and medical professionals can use to see patients is just one of these trends, and potentially a very disruptive one.

The benefits are clear. Being able to add or lose space on short notice and without penalty will allow medical professionals to save a ton of cost on overhead while having access to adequate space if their practice grows. The most critical piece that will make this trend a success is that patients buy into the idea that they will be receiving care in a space that could be shared by other medical professionals on different days. So long as privacy and sanitary conditions are maintained, this trend has significant potential benefit to all parties. 😊



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Additionally, Mike is an established blogger on all topics related to commercial real estate at local, regional, and national levels. You can connect with Mike on Twitter @MikeKushner, on Facebook @omnirealtygroup, or online at www.omnirealtygroup.com.

UNINTENDED HVAC CONSEQUENCES OF ENERGY SAVINGS PROJECTS

Renovation and energy reduction projects begin with great intentions and often end in aggravation and, potentially, a sick building due to the unintended consequences of not rightsizing the HVAC systems as a part of the overall design.

It started off easily enough: The office was long overdue for a renovation and it seemed logical to hire professionals to provide a holistic update. The first step was to improve the insulation properties of the building's skin. The architect selected a new window wall with a thermally separated frame, double-pane/ low-emissivity glass, and interior shading. The aging black rubber roof was removed and, after adding another few inches of insulation, a new white EPDM surface was installed. The company was delighted that this new energy efficient shell was going to lower their carbon footprint and meet their increasing desire to be considered environmentally conscious.



Of course, the new space renovation didn't stop with the skin. Working with a lighting vendor, the interior designer selected new energy efficient LED fixtures that met the foot-candle requirements for the new aesthetic. Since more staff were able to work flexible hours and were no longer constrained to the office, the interior design company was able to increase the square feet per person, providing a much nicer open feel. The new space was going to make a statement to the staff and clients that this was a forward-thinking company.

Part of the project was replacing the ceiling and the interior design called for new diffusers to complete the edgy high-tech image the client wanted. In the process of coordinating the diffuser replacement, the HVAC contractor, Low First Cost Service, Inc. (who had just replaced the rooftop HVAC units a couple of years ago), recommended adding demand control ventilation to further enhance the energy savings.

BY JAMES C. MOONEY, PE, LEED AP



Having just installed this control scheme on a new office building, the contractor explained that it was comprised of carbon dioxide sensors and controls that would raise and lower the amount of fresh air delivered to the space depending on the number of occupants. They were positive if it worked for the new building, it would work here. The theory was that outside air requires a lot of energy to condition to the space temperature and minimizing it when it wasn't required by the occupants was the "green" thing to do. This, too, was added to the plan by the well-intentioned client.

After several months of phased work and inconvenience, the project was complete and the patient staff moved into the new space. It was everything they hoped. The new interior design made sense with the workflow and the new look made a progressive statement. It was everything they wanted to do and convey - except there was a problem.

Despite the great looks and improved workflow, the staff complained about the working conditions. The office was either too warm or too cold, it had a dank odor, and it was often described "like working in a cave." Not to mention the copier was jamming incessantly. What was wrong? The HVAC units were practically brand new, so that couldn't be it and the building's shell was tighter than ever, so what was the cause?

It was obvious to the client that the only thing that had changed with the HVAC was the new demand control ventilation. Low First Cost Service was called in and they spent weeks tweaking the controls to no avail. Finally, they removed the CO2 control entirely and returned the units to the original condition. The muggy conditions worsened. Technician after technician tried new approaches to solving the problem by moving thermostats, lowering the space temperature, raising the space temperature, adjusting the refrigerant charge, but nothing seemed to work. Why? Because it was no longer the same building it was a couple of years ago when the HVAC equipment was replaced.

The well-executed, energy-saving strategy of drastically improving the building's skin combined with the new energy efficient lighting and lower occupancy resulted in much lower overall building heat load. The existing equipment was now oversized.



"But why is this an issue? At least they weren't undersized and unable to keep up, right? There are lots of buildings that just can't seem to stay cool on the hottest days, so being oversized must be a benefit, right?" Wrong.

The trick to maintaining a dry comfortable space is maintaining a stable low coil temperature consistently. This cold coil allows the water to condense out of the air which is necessary to maintain the dry space conditions needed for client comfort and, interestingly, good copier operation as well. The space temperature is then controlled by varying the air flow to meet the cooling demand (i.e., Variable Air Volume (VAV) systems), or via the energy inefficient re-heat system which maintains the air volume and raises its temperature to meet the space demand.

While certain systems, like those providing chilled and hot water to central station air handlers, can more easily adapt to situations like the one described above, unitary equipment cannot. Since unitary, or packaged, HVAC equipment is found on most commercial buildings, this scenario is a common one. In the case of this building, the off-the-shelf rooftop units were meant to handle a much higher cooling requirement and, because these systems predominantly offer only one or two steps of capacity control, they do not have the infinite variability necessary to keep the coil cold all the time while keeping the space at the desired temperature.

In order for the standard unitary system to keep the space at the desired temperature setpoint, the unit must cycle the compressor (the cooling "heart," so to speak) off. And, because stopping and starting compressors is damaging to them, these systems have a forced "off" period before the compressor can turn on again. This on / off cycling of cooling causes the space temperature to seesaw and the inability to maintain a cold coil causes the humidity to rise. The typical result is a space that cycles above and below the comfort level while remaining humid, thus the cave-like environment, which also increases the chance of mold growth.

What's the answer? The obvious first choice is to replace the equipment with something engineered to work in the new conditions. Many systems are available today that offer an acceptable level of space condition control while still being economically viable around the unitary

price-point. If replacement of the system is not an option, there are certain circumstances when the addition of special refrigerant controls can be applied to standard unitary equipment to "false load" the system, thus keeping the compressor on and the coil cold. Other options can involve eliminating other stages of control (turning off a compressor) or rezoning the system to handle more physical office space and eliminating the need for a unit altogether. In all these circumstances, it is critical the HVAC service contractor has the technical know-how (preferably in-house engineering) and experience to deliver a final product that meets the client's needs while being sensitive to budget.

The office renovation described above is the perfect storm, but any one of the modifications mentioned to the building's skin or interior could result in an oversized system. What's the takeaway? CCIM Institute lists HVAC comfort as one of the top criteria in selecting office space so it makes sense to choose a quality HVAC partner that has the responsiveness and technical aptitude to solve problems quickly and provide advice on future initiatives. Choose wisely. ☺



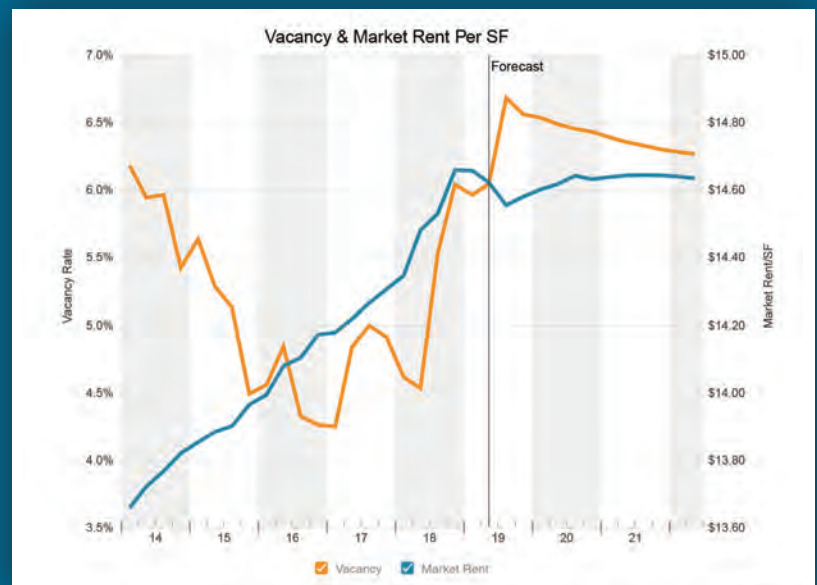
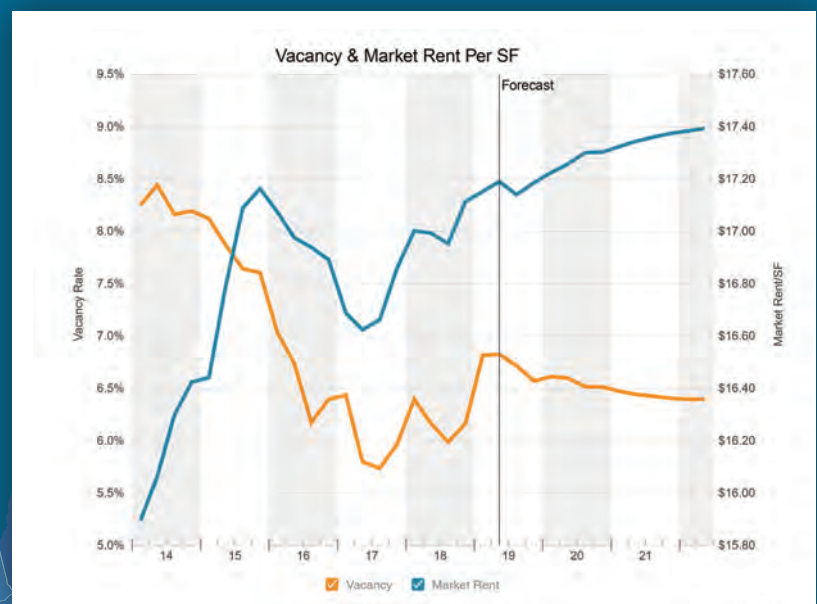
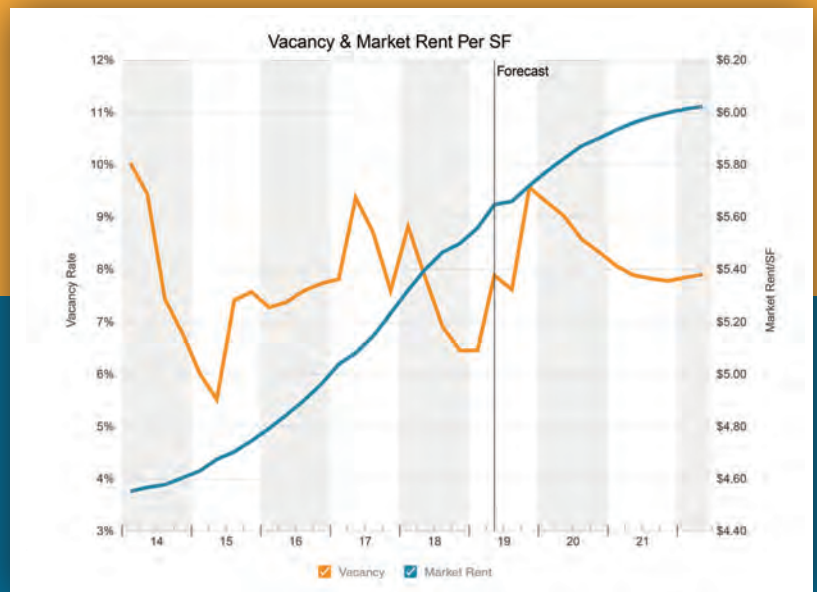
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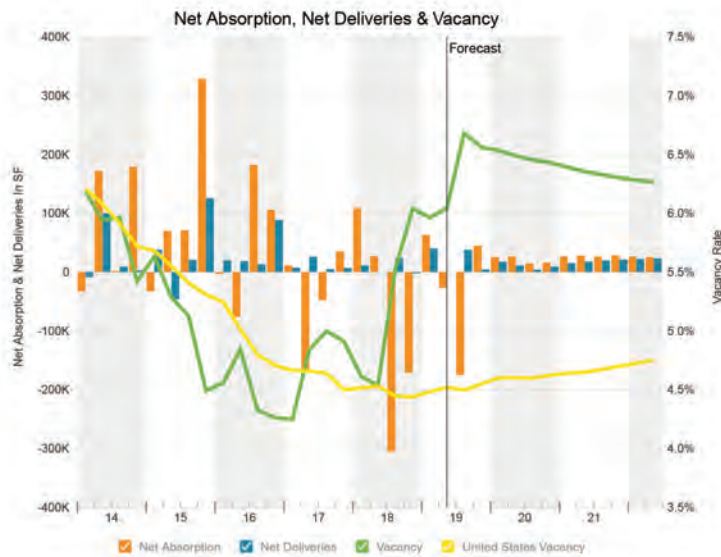
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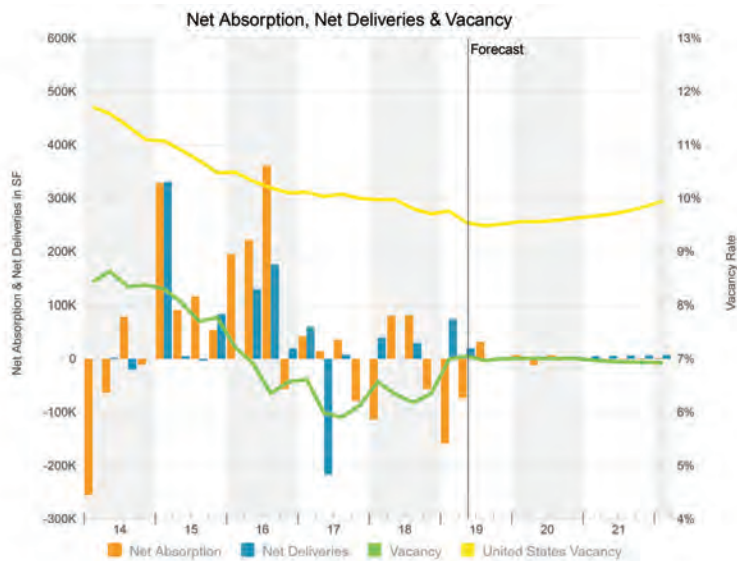
In an effort to bring our readers pertinent information regarding commercial real estate in the Greater Harrisburg Area, we are including the following graphs as part of the *Commercial Real Estate Review*.



Industrial

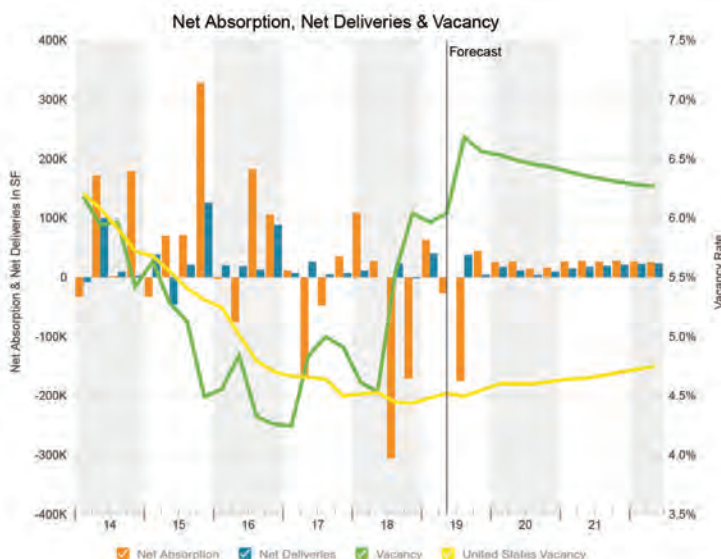


HARRISBURG - PA	\$7.0 B ASSET VALUE
Inventory SF	99.6 M ↑
Under Construction SF	3.5 M ↓
12 Month Net Absorption SF	(930 K)
Vacancy Rate	8.2 M ↑
Market Rent/SF	\$5.65 ↑
Annual Rent Growth	4.1% ↓
Market Sale Price/SF	\$66 ↑
12 Month Sales Volume	\$317 M ↑



Office

HARRISBURG - PA	\$4.7 B ASSET VALUE
Inventory SF	35 M ↑
Under Construction SF	0 ↓
12 Month Net Absorption SF	(174 K)
Vacancy Rate	6.7% ↑
Market Rent/SF	\$17.14 ↑
Annual Rent Growth	1.2% ↓
Market Sale Price/SF	\$135 ↑
12 Month Sales Volume	\$158 M



Commercial/Retail

HARRISBURG - PA	\$3.9 B ASSET VALUE
Inventory SF	33.1 M ↑
Under Construction SF	43.1 K ↓
12 Month Net Absorption SF	(332 K)
Vacancy Rate	6.7% ↑
Market Rent/SF	\$14.55 ↑
Annual Rent Growth	0.2% ↓
Market Sale Price/SF	\$118 ↑
12 Month Sales Volume	\$119 M ↓



HEALTH FACTS ABOUT OMEGA-3

WHAT IS OMEGA-3 AND

First, it is a fat. The good type of fat. The “omega” is simply a way organic chemists name the long string of carbon atoms. At one end is a carboxylic acid molecule (called alpha) and a methyl at the other end (called omega).

Omega-3 fatty acids are often compared with Omega-6 fatty acids.

Because of our dependency on fast foods, most people consume too much Omega-6. This can increase inflammation, produce depression and lead to many types of health issues.

Our bodies do not produce omega-3 fatty acids. The only way to get them is through our diet. Eat fish (salmon, halibut, tuna), walnuts, flax seeds, beans, olive oil and fish oil supplements.

THE PHYSICAL AND MENTAL HEALTH BENEFITS LINKED WITH OMEGA-3 FATTY ACIDS INCLUDE:

- **Increased brain function.** Studies have looked at children whose mother’s increased omega-3 intake during pregnancy. By age four, these children scored higher on cognitive ability tests. In adults, omega-3 improves memory, focus and recall.
- **Better mental health.** Increasing omega-3 helps with the symptoms of depression, ADHD and other brain chemistry-related conditions. Research suggests that low levels of omega-3 are common in ADHD and depression.
- **Reduced inflammation.** This is of benefit to those suffering from arthritis or other painful condition. Inflammation has been linked to heart disease. It also reduces bad (LDL) and raises good (HDL) cholesterol. Plus, it lowers blood pressure along with risk of stroke and heart attack.



There are other studies too. Some show the benefits of omega-3 on cancer, bone loss, diabetes and other disorders.

Many of the benefits of omega-3 are well documented. But as with any health benefit there is no "magic pill" or supplement that can do it all. It requires a combination of things. Healthy eating, exercise, proper rest and the right kinds and amounts of vitamins and minerals. Plus, a nervous system free of interference so every organ and tissue and function properly.

WHY IS IT IMPORTANT?

So eat more fish, olives, flax seed and nuts, stay active and make sure we see you for regular chiropractic checkups!

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CURRENT LISTINGS

GROW YOUR BUSINESS BY EXPANDING INTO
ONE OF THESE LISTINGS FOR LAND, COMMERCIAL,
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SOLD

5660 Lancaster Street, Harrisburg

19,300 SF great investment opportunity. This three-story property has two floors fully leased (16 apartments total; eight three-bedroom and eight two-bedroom). The first floor features commercial space that could be leased out or renovated into 3+/- additional apartments. Excellent location with quick access to major highways. Price includes the 16-unit apartment building and an additional acre (+/-) that can be used for future development of another 10+ units.

**NEW
SALE**

905 E. Chocolate Avenue, Hershey

5,436 SF - 15 unit Travel Inn is ideally located off E. Chocolate Avenue with excellent roadside visibility and is moments from the Hershey attractions. This facility is made up of (2) buildings consisting of 10 exterior guest rooms, 5 apartments and a spacious on-site manager's suite with three bedrooms, living area and kitchen. The Hershey Travel Inn has been renovated over the years and also has solid revenue history for many years.

**NEW PRICING
SALE**

3101 N. Front Street, Harrisburg

28,000 SF well-maintained, 3-story masonry building overlooking the Susquehanna River. Five (5) year lease renewal started January 1, 2019. No deferred maintenance. On-site parking available. Signed CA needed for additional information. Tenant is an agency of the Commonwealth of PA. **Price reduced!**

**PENDING
SALE**

205 Grandview Avenue, Camp Hill

58,000 SF Class "B" medical/office investment opportunity. The building is located in a prestigious West Shore location and boasts gorgeous views. Property is undergoing major renovations including new HVAC units.



LAND LISTINGS

SALE



5650 Derry Street, Harrisburg

Up to 1.90 +/- acres of vacant commercial/office land located moments from the Route 322 and 283/83 interchange. Good visibility along Derry Street and over 230' of frontage. It could also be an opportunity for additional parking for the 5620 Derry Street building (10,500 +/- SF).

NEW PRICING

SALE



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.

SALE



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.

PENDING

LEASE



Gettysburg Pike &
Spring Lane Road, Dillsburg

14.92 Acres available in this developable site adjacent to restaurants, convenience stores, offices, and many residential units. Property has good highway visibility and access via a traffic controlled intersection.

NEW

SALE



453 Jonestown Road, Jonestown

Over 2 acres of commercial land located just moments from Route 72 and Route 22 and quick connection to I-81 and I-78. Two-story home on the property could be utilized or removed for a redevelopment opportunity. Excellent access and visibility from heavily traveled Jonestown Road.

SALE



Route 441 & Orchard Drive, Harrisburg

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).

NEW PRICING

SALE



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.

Price reduced!

SALE



Peters Mountain Road & River Road, Halifax

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.

PENDING

LEASE



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.

NEW PRICING

SALE



Eisenhower Blvd & Highspire Rd, 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!**

SALE



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!**

NEW PRICING

SALE



Allentown Boulevard, Harrisburg

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!**



LAND LISTINGS

**NEW
SALE**



1301 & 1345 Eisenhower Boulevard, Harrisburg

1.86 & 3.95 Acres available on Eisenhower Boulevard in Harrisburg. The available land is located in the retail, commercial and industrial sector of Harrisburg, just one mile from the Pennsylvania Turnpike/I-76. The 3.95 Acres is situated at a traffic-controlled intersection of Quarry Road.

**NEW PRICING
SALE**



349 Pleasant View Road, New Cumberland

Nearly 46 acres of land with visibility and quick access to I-83. Property is zoned Commercial Business which allows a variety of uses. The parcel can be sub-divided to 5 acre lots. Water is available adjacent to site. **Price reduced!**

SALE



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.

SALE/LEASE



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.

**NEW PRICING
SALE**



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!**

SALE



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.

PENDING

SALE



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.

SALE



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.

NEW PRICING

SALE/LEASE



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. **Price reduced!**

PENDING

SALE



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).

SALE



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 8.5 acres remain in the park. Excellent access to major transportation routes.



COMMERCIAL LISTINGS

SOLD



5 N. 25th Street, Harrisburg

5,584 SF multipurpose church and attached parsonage. The sanctuary holds approximately 140 people and features an altar, pews and stained glass windows. Church building also features offices, classrooms, nursery, and restrooms. The finished lower level features a large open gathering/dining area, a kitchen, restrooms, and classroom space.

NEW PRICING
SALE



5 N. Market Street, Duncannon

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!**

NEW
SALE



260 Boas Street, Harrisburg

7,658 SF Downtown Harrisburg church property for sale. Two-story brick building features a fully finished basement and an adjacent courtyard. The property is elevator serviced and the second-floor sanctuary holds approximately 250 people. Additionally, there is a fellowship hall and kitchen, classrooms and office. Built in 1881, this historic building features many architectural details.

PENDING
SALE



3985 N. 2nd Street, Harrisburg

Susquehanna Township house of worship and adjacent parsonage for sale. The religious facility contains 6,300+/- SF with a 150+ seat capacity sanctuary, four offices, a restroom and an elevator. The finished lower level contains a kitchen, classrooms and fellowship area. Property also features a three-bedroom parsonage, large land area and a pavilion with a kitchen.

NEW PRICING
SALE



7200 Derry Street, Harrisburg

2,500 SF freestanding commercial building with good visibility along Derry Street. The former AMVETS property could be outfitted to suit a variety of users including restaurant, retail or office. Excellent on-site parking with two access points from Derry Street. **Price reduced!**

NEW PRICING
SALE



3200 N. Third Street, Harrisburg

8,720 SF all brick construction church with great potential for multiple users. Property features a main floor with the chapel and several classrooms and offices. Exposed lower level area includes a variety of classrooms, fellowship hall and a kitchen area.

LEASE


4647 Jonestown Road, Harrisburg

2,200 - 4,460 SF available in this popular retail site. Freestanding, updated building with great curb appeal and visibility on highly traveled street. Bright open floorplan on first floor and lower level floor features a separate entrance and drive-in door.

PENDING SALE


3432 - 3440 Derry Street, Harrisburg

13,679 SF well-maintained, mixed-use property for sale. This stand-alone building features street-level retail, second floor apartments and an attached warehouse. All apartments are fully occupied. Located on a corner site on a heavily traveled section of Derry Street and Paxtang Avenue.

NEW PRICING LEASE


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. **Price reduced!**

NEW SALE


16 E. Main Street, Leola

3,028 SF former bank site with good access (three points of access) and visibility. This freestanding commercial building offers excellent on-site parking and a versatile layout that would be conducive for office, medical or commercial users.

NEW PRICING LEASE


665 Market Street, Lemoyne

Located directly behind Classic Drycleaners. This 1,000 SF open floorplan allows for excellent retail or office space. Market Street is a highly traveled commercial area in Lemoyne. **Price reduced!**

NEW SALE


1508 Derry Street, Harrisburg

18,355 SF large, City church with the original structure constructed in 1906. The property features a parsonage, large sanctuary (300+ seats), a banquet hall and a separate educational building (constructed in 1957). The property also has on-site parking.



COMMERCIAL LISTINGS

**NEW
SALE**



2221 N. Sixth Street, Harrisburg

15,852 SF available in this historic church. It was founded in 1890, rebuilt in 1895 and expanded in 1916 as a memorial to Camp Curtin, the largest northern military camp of the Civil War. This church stands out as a prominent important architectural landmark for the city of Harrisburg and the region. The property features the ability to seat over 700 congregants, beautiful stained glass windows, one of the largest organs in Harrisburg, many offices and classrooms, and a large commercial kitchen with adjacent fellowship hall.

LEASE



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.

**NEW
SALE**



453 Jonestown Road, Jonestown

Over 2 acres of commercial land located just moments from Route 72 and Route 22. Two-story home on the property could be utilized or removed for a redevelopment opportunity. Excellent access and visibility from heavily traveled Jonestown Road.

SALE



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.

LEASE



418 Market Street, Lemoyne

1,282 SF available in highly visible location in Lemoyne. Store front windows and off-street parking available. Open floorplan will allow for variety of users.

**PENDING
SALE**



6484 Carlisle Pike, Mechanicsburg

13,190 SF move-in ready retail space available for sale. Former furniture store located along a heavily traveled section of Carlisle Pike. This one-story building features a large, open showroom and small office and warehouse area.

**NEW
SALE**

241 Gettysburg Pike, Dillsburg

6,300 SF two-story block building in the heart of the Borough of Dillsburg. Current use is an auto-parts store, however the design is flexible for many commercial users. The first floor retail space has 15'4" ceilings and ample open space. The second floor is being used for storage, however is laid out for two apartments. 10+/- On-site parking spaces available. The back addition was added in 2018.

LEASE

611 N. 12th Street, Lebanon

Join Save-A-Lot grocery store in this newly constructed shopping center located in Lebanon City. Tenants can acquire one suite (25' x 64') or all five up to 8,000+/- SF for retail or office use. The vanilla shell is ready for the finishing touches.

SALE

5620 Derry Street, Harrisburg

10,500 SF newly renovated building conveniently situated on Derry Street, just moments from Route 322 and 283/83 interchange. The building underwent major upgrades in 2017 and has been well-maintained throughout the years. The unique set-up offers many possible options for an office or commercial user. Up to 2.5 +/- acres of vacant land adjacent to the property (5650 Derry Street) is also available for sale.

**PENDING
SALE**

25 S. 28th Street, Harrisburg

11,000 SF beautiful stone church in the heart of Penbrook Borough featuring 30'+ chapel ceilings, stained glass windows, and a large organ which adds great character. This historic centerpiece has a favorable layout including multiple chapels, classrooms, offices, and a large social hall with adjoining kitchen. The property conveys with a large parking area. The use could be perfect for a church group looking for a new home or for artists, musicians or theater companies.



OFFICE LISTINGS

LEASE



1801 Oberlin Road, Middletown

120 - 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.

SUBLEASE



1801 Oberlin Road, Suites 302, 303, 304, Middletown

680 - 4,260 SF available at this charming three-story stone structure with professional office tenants. Great office setup featuring reception/waiting area, private offices with good views, a conference room, break room, and in-suite restroom. Convenient access to Harrisburg and Lancaster.

LEASE



208 N. Third Street, Harrisburg

270 - 2,311 SF available office space in a prime central business district location. 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.

SOLD



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, I-81 and I-83. **Price reduced!**

LEASE



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.

NEW PRICING LEASE



5275 E. Trindle Road, Mechanicsburg

Two corner suites offering functionality and usability are available. The east side office (4,545 SF) features perimeter offices with windows, a conference room, breakroom and in-suite private restrooms. The west side office (7,018 SF) has private offices and large conference room(s) lining the perimeter.

LEASE

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.

NEW
SUBLEASE

3 Kennedy Street, Lancaster

This 2,875 SF former bank has modern features and an intelligent layout for a variety of users. The design includes 3 drive-thru lanes (1 ATM), 4 private offices, conference room, and a break room. Located just minutes from the Route 30 interchange at Greenfield and Old Philadelphia Pike and Route 222.

SALE/LEASE

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.

LEASE

205 Grandview Avenue, Camp Hill

27,944 SF (899 - 10,869 SF contiguous) Class "B" medical/office building available. Property is undergoing major renovations including new HVAC units and exterior painting. **With a five-year deal, of at least 5,000 SF, tenant will receive first year free base rent (still responsible for CAM, taxes, insurance and utilities). Promo subject to change at any time at Owner's discretion.**

LEASE

3507 Market Street, Suite 102, Camp Hill

Located within the heart of the West Shore, this aesthetically pleasing building has one 1,500 SF suite available for lease. The property is centralized on Camp Hill's main artery and is close to many restaurants and businesses.

NEW
LEASE

1773 W. Trindle Road, Suites B & D, Carlisle

800 - 885 SF available in this newly updated office space for lease along busy Trindle Road. Easy access to I-81 and the rapidly growing areas of Carlisle. Located right in the heart of new retail and adjacent to Target anchored Carlisle Crossing Shopping Center.



OFFICE LISTINGS

NEW PRICING

LEASE

1100 N.
Mountain
Road,
Harrisburg



2,630 SF large and open office suite available in this brick, single-story office building in Lower Paxton Township. Great signage and visibility on Mountain Road as well as close proximity to I-81. **Price reduced!**

LEASE

112 Market Street,
Harrisburg



155 - 5,910 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.

NEW PRICING

LEASE

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!**

LEASE

800 N. 3rd Street, Harrisburg



Suites ranging from 358 - 1,490 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.

NEW

SALE

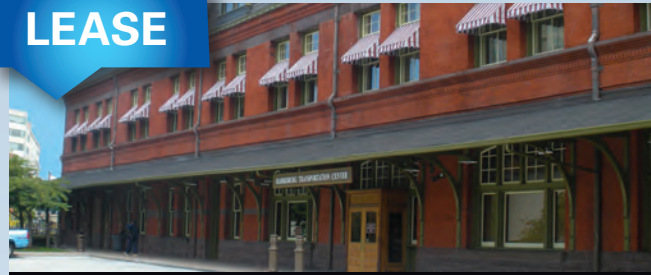
75 Evelyn Drive, Millersburg



10,984 SF well-maintained, large office building located just minutes from Routes 147 and 209. The functional layout offers the ability for a single user, or multiple users. The property boasts excellent parking, large windows and a versatile floorplan.

LEASE

415 Market Street, Harrisburg



Suites ranging from 266 - 4,453 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. **HALF-PRICE RENT for the first year on a 3 or 5 year deal. (Promotion ends October 31, 2019.)**

SALE/LEASE


5006 E. Trindle Road, Mechanicsburg

Condominium units now available for sale in this building. Two suites in this building with 2,113 – 3,802 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.

SALE/LEASE


5010 E. Trindle Road, Mechanicsburg

Excellent location in newly developed area of Hampden Township. One condominium (Suite 201) – 1,880 SF unit available for sale. Can be sold for owner/user or as an investment.

SALE


5650 Lancaster Street, Harrisburg

12,571 SF newly renovated building conveniently situated on Derry Street, just moments from Route 322 and 283/83 interchange. The building underwent major upgrades in 2017 and has been well-maintained throughout the years. The unique set-up offers many possible options for an office or commercial user.

**NEW
LEASE**


101 N. Pointe Boulevard, Lancaster

8,403 SF Class A, multi-tenanted building in the heart of Lancaster County's business area. This beautiful building boasts large window lines, in-suite cooling/heating, in-suite music system, a guarded lobby, a common area breakroom and many high-end finishes. This is a great central location with ample parking available.

PENDING
SALE


10 N. Progress Avenue, Harrisburg

2,622 SF modern, well-kept, move-in ready end unit office condo available for sale. Highly visible location along the high traffic corridor of Progress Avenue, and minutes from Route 22.

SALE


4825 E. Trindle Road, Mechanicsburg

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



OFFICE LISTINGS

LEASE

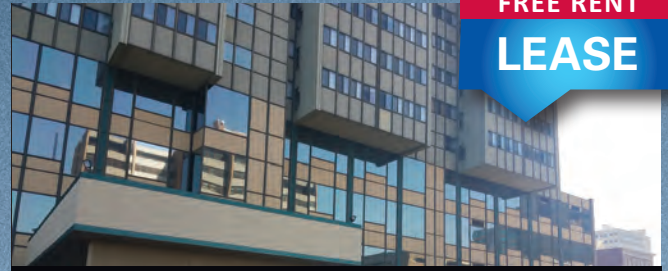


24 Northeast Drive, Hershey

3,000 – 4,606 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 nearby.

FREE RENT

LEASE



301 Chestnut Street, Harrisburg

524 – 10,918 SF (22,126 SF total) available at Pennsylvania Place. This is a one-of-a-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. **Call for FREE RENT details!**

LEASE



3425 Simpson Ferry Road, Camp Hill

One suite available (2,730 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.

LEASE



28 E. Main Street, New Kingstown

Hard to find flex space in Silver Spring Township. The suite features approximately 1,376 SF of freshly updated (new paint, cleaned carpets) office space and an adjacent 720+/- SF of warehouse space. Former use was an office for a transportation company.

PENDING

SALE



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. **Price reduced!**


SALE

140-148 Ole Lane, Grantville, PA

This nearly 1,400 SF industrial building sits upon over 2 acres of paved parking. Perfect for a trucking company or any industrial user needing quick access to I-81.

SALE

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.

SALE

700 Angenese Street, Harrisburg

29,280 SF functional warehouse property for sale along the 6th Street industrial corridor. Convenient access to I-81, Route 22/322 and the City. A 5,500 SF temporary canvas building has been setup at this location, which can also be purchased for an additional cost.

NEW PRICING
LEASE

151 Allendale Road, Mechanicsburg

31,095 SF hard to find, completely updated warehouse space. Tenant's suite features frontage along Simpson Ferry Road, vanilla shell office space and a warehouse with 14'6" clear ceilings, two drive-in's (12'x12'), sprinklers, new LED lighting, and a dock could be added if needed. Convenient access to Route 15, Route 581 and I-81. **Price reduced!**

**NEW
LEASE**

1900 Crooked Hill Road, Harrisburg

Multi-use building with up to 12,000 SF available for lease. Built in 2001, the space features newer upgrades - high ceilings (18'7" clear), 3 docks, 3 drive-in's, a sprinkler system, central air, and heat. Highly desirable location, minutes from the City of Harrisburg, Route 22 and I-81.

Giving Back to the Community in a Fun Way...



Our 8th Annual community event benefiting children with special needs and their families took place on July 30, 2019 at the beautiful venue, The Grace Millman Pollock Performing Arts Center in Camp Hill, PA. The Bill Gladstone Group of NAI CIR hosted this event with TrueNorth Wellness Services. There were about 200 attendees who enjoyed balloons, face painting, hair styling, crafts, character meet and greet, musical talent, therapy dogs, and light food and refreshments. There was also a live, theatrical performance of Seussical The Musical, JR. We organized this event at zero cost to families in an effort to provide a free and fun family activity in a supportive and understanding environment.

We were pleased to have another successful event and **could not have done so without our sponsors!** Thanks to our sponsors, the Bill Gladstone Group of NAI CIR and TrueNorth Wellness Services were able to supply attendees with goodie bags, provide treats prior to the show, and some volunteered their time during the activities. Some sponsors even contributed a monetary donation, directly benefiting TrueNorth Wellness Services. To learn more about TrueNorth Wellness Services go to www.truenorthwellness.org.

Thank you to everyone for another successful event!

NAI CIR
Bill Gladstone Group
www.billgladstone.com

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If you are in the market for commercial, industrial, office or land property in the Greater Harrisburg Area, the Bill Gladstone Group of NAI CIR can help. Let them be your first step in finding a solution for your commercial real estate needs!

