

FIRST QUARTER 2020
COMMERCIAL

real estate

REVIEW



NAI CIR

A PUBLICATION OF THE BILL GLADSTONE GROUP OF NAI CIR

Unique Opportunities: Former Bank Locations

PENDING

SALE

Commercial Sale **1 N. 2nd Street, Newport**

9,332 SF former bank (1st floor) centrally located on the Square. The second and third floors were apartments which will need total renovation and current permits to be occupied as rental units, but the space is there to accommodate this use in the building.



PENDING

SALE

Commercial 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

SALE

Commercial Sale **25 Carlisle Street, Hanover**

Stunning landmark in the Borough of Hanover available for sale. This former bank building, 7,382 SF, was beautifully constructed with great attention to detail and has been well-maintained throughout its years.



NEW

SALE/LEASE

Office Sale/Lease **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.



NEW

SALE

Office Sale **1002 N. 7th Street, Harrisburg**

This 8,286 SF former bank is located just moments from the heart of the business-friendly City of Harrisburg, less than 0.5 miles away from the Capitol and downtown restaurant and retail areas. The property features excellent on-site parking, an open first-floor layout and many private suites on the second floor.



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WILLIAM M. GLADSTONE, CCIM, SIOR

Suddenly I Have Time on My Hands

It probably isn't important why the coronavirus showed up, but just to acknowledge that it is here. The "why" is a whole different story. But now that there is more free time for all of us, what is the best way for us to use it?

We can lament that we are all losing business and we will be behind the eight ball when we get closer to the old normal that we all knew and in which we worked and thrived. Of course, depending on what we did with our time during this "new normal," lamenting is a possible option. But if we can't control this event, why cry over it? Perhaps a better use of our time is to focus on what we can do to push ourselves forward, taking the time to see how good we really are in the midst of a challenge the likes of which we may never see again in our lifetimes. This definitely is not business as usual!

What we need (and now we have the time to) is to discover ways of doing "business as unusual." But what are those mechanics? How do we find the pieces to put in place so we can meet that challenge? We've never had to do this before and we have no printed or digital resources to study so we can put our best foot forward. So, what do we do and how do we do it?

How you decide to use this time could be the most important challenge in your life, one which you may or may not choose to face. If you are willing to accept that challenge, you will need to be very innovative. With no resources to consult, you will need to create your own path to take you where you want to be when this has all passed. But now you have the time to find that path. You will need to be inventive, creative, and driven. Look at this period of time as the time you have always wished you had to create pathways that maximize your business acumen. What are those new ideas you've never had time to develop or the programs you've never been able to install that make you more proficient than you have ever been in the past?

When this is all over, and it will be, there will be pent-up demand. Your challenge is to innovatively capture more than your fair share of that new business because you did what many others chose not to do: plan for business "as unusual."

We wish you the best in your efforts!

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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.

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ON THE COVER:

Bobblehead Bill is holding down the fort at the office while the Bill Gladstone Group of NAI CIR is working remotely due to the COVID-19 Pandemic. We may be sheltering in place, but we are fully OPEN and ready to assist you with any of your current or future commercial real estate needs.

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CREATIVE OPTIONS
FOR
BUSINESSES
SEEKING
A PA
LIQUOR LICENSE

in a Competitive Market





Recent changes to the alcohol laws in Pennsylvania have dramatically increased the number of businesses seeking liquor licenses, specifically gas stations and grocery stores. Large retailers, such as Wal-Mart and Target, have also recently purchased licenses, indicating another wave of buyers may be entering the picture. Despite the significant increase in the number of businesses seeking liquor licenses, the supply of licenses has generally remained the same.

Retail liquor licenses, such as restaurant liquor licenses, are county-specific and are issued on a quota system – one license for every 3,000 residents in that county. Most counties met or exceeded their quota decades ago, meaning there are no new licenses available to issue. In some areas of the state, this has led to skyrocketing prices for liquor licenses. Recent listings for restaurant licenses (to sell beer, wine and liquor) have commanded prices of over \$600,000 in Cumberland County (likely the highest in the entire state), \$385,000 in Bucks County, \$345,000 in Lancaster County and \$165,000 in Dauphin County. The cost of a liquor license is prohibitively high for many restaurants and bars that are new and independent of any franchise or large restaurant group. However, there are a few options that exist outside of the usual liquor license marketplace that businesses wishing to offer their customers alcohol may consider.



LIQUOR LICENSE AUCTION

The Pennsylvania Legislature was at least partially aware that its changes to the state's alcohol laws would cause license demand to increase substantially; however, without undoing the entire quota system upon which the marketplace is based, there were few options available to counter this. Instead of adjusting the quota amount directly to increase the number of licenses available to each county, the Legislature created an auction process wherein the Pennsylvania Liquor Control Board (PLCB) would be allowed to revive old licenses that have expired and sell them to the highest bidder. This has created a slow trickle of "new" licenses being added to the marketplace.

With demand still high, the first few auctions were dominated by gas stations and grocery stores trying to roll-out consistent alcohol availability across their stores statewide. That did little to reduce the liquor license prices in the short term; however, the 10th auction is concluding and there have been substantial decreases in prices for some counties, as well as some licenses receiving no bids at all. This creates an opportunity for a restaurant or bar to obtain a liquor license for a substantial discount. The minimum bid for a restaurant license is \$25,000, far below the marketplace price for most restaurant licenses.

For example, the winning bid in an auction held in November 2018 for a Dauphin County license was \$35,300 (recall there is a current listing of \$165,000). A few months later in March 2019, no one bid on the Dauphin County license up for auction, meaning if someone had submitted the minimum bid of \$25,000, it could have been theirs. Instead, the license was placed back in the pool to be auctioned again at a later date. The PLCB has been conducting the auctions two to three times per year. Additional information and all past auction results can be found on the PLCB website in the Licensing section, under "Resources for Licensees."

ECONOMIC DEVELOPMENT LIQUOR LICENSE

Another option for a business that may be unable or unwilling to pay the current marketplace price for a liquor license is to obtain an economic development license. Although this is not a new program, it has not been widely used, likely due to the additional processes involved. There are a number of requirements that must be met before a business can even submit an application for such a license, including that the business is either in a Keystone Opportunity Zone or an area designated as an enterprise zone by the Department of Community and Economic Development, or the relevant municipality has approved the issuance of the license for the purpose of local economic development.

In addition to these pre-qualifications, there are other restrictions controlling economic development liquor licenses, such as the business's food and non-alcoholic beverage sales must be at least equal to 50% of its sales of food and alcoholic beverages. Additionally, this type of license cannot be transferred to another location — it must remain at the location for which it was approved. This generally means that an economic development liquor license does not have the marketplace value of a regular liquor license. If a business wishes to sell to another buyer, it would need to sell the business as a whole and the new owner would need to continue operations at the current location. In exchange for these requirements, the cost to obtain an economic development liquor license is far less than the typical market rate — either \$25,000 or \$50,000 depending on the county class.

Saxton & Stump was recently successful in leveraging the economic development liquor license option to benefit one of our clients. Our client wanted to open a restaurant in a township that recently went from banning the sales of alcohol ("dry") to allowing alcohol sales. The township was in Cumberland County, which, as previously mentioned, has the highest liquor license



cost in the state. With licenses commanding prices of over \$600,000, it would have been impossible for our client's family-owned restaurant to finance the purchase of a liquor license in addition to the other costs associated with opening a new restaurant. Although the restaurant was not located in a Keystone Opportunity Zone or enterprise zone, we were able to secure the township's approval of the license for purposes of economic development. The PLCB is limited to issuing only one or two economic development licenses per county per year, depending on the size of the county; however, in the 16 years that the economic development license program has been in effect, only two licenses have been issued for Cumberland County. Nonetheless, we made sure to submit the application at the earliest opportunity to ensure our client was the first in line if other applications were filed. Once the application is filed, the process is generally the same as any other liquor license application. Although there were a lot of additional processes we had to complete prior to receiving the license, to be able to obtain a license for \$50,000 instead of \$600,000 was a significant benefit to our client's business.

MANUFACTURER STORAGE LICENSES

Another option available to allow alcohol service in a restaurant without the need to purchase a full liquor license is for the restaurant to partner with a Pennsylvania alcohol manufacturer. Pennsylvania breweries, wineries and distilleries are permitted to sell alcohol at their manufacturing location but are also able to apply for additional licenses to sell alcohol at other locations. For breweries, the licenses are known as "storage" licenses and each brewery can apply for two additional locations. For limited wineries and limited distilleries, the licenses permit up to five additional "satellite" locations. Thanks to

another recent change to the liquor laws, an alcohol manufacturer can now sell its own alcoholic beverages, as well as the alcoholic beverages produced by any other Pennsylvania alcohol manufacturer, even at its satellite or storage license locations. This effectively means that a Pennsylvania-licensed alcohol manufacturer has the equivalent of a full restaurant liquor license but is limited to Pennsylvania-produced alcohol products. A Pennsylvania brewery, for example, can sell its own beer, beer made by other Pennsylvania-licensed breweries, wine made by Pennsylvania wineries and spirits made by Pennsylvania distilleries. In order to take advantage of this opportunity, currently unlicensed restaurants would need to lease an area of their premises to a brewery, winery or distillery. All alcohol sales must occur within the manufacturer's designated space, which will need to be partitioned in some manner from the unlicensed restaurant space. This is due to the fact that interior connections between licensed businesses and unlicensed businesses are generally prohibited, but as you have likely observed in your local grocery store, those connections and partitions are approved on a consistent and lenient basis.

It can be difficult to make this approach look seamless with the current restaurant operations; however, if a restaurant believes that having some alcohol availability would increase its food sales, it may be worth considering in lieu of a full restaurant liquor license.

Pennsylvania is known for having some of the most challenging liquor licensing laws in the country. When looking to launch a business or open a new location to offer alcohol to customers, an experienced attorney can help you navigate the highly regulated industry and provide guidance on licensing issues. Before paying full marketplace price to purchase a license, Saxton & Stump's attorneys can partner with you to understand your business goals and develop an individualized approach. 😊



Kenneth J. McDermott, Esq. is a liquor licensing and alcohol law attorney at Saxton & Stump with more than 10 years of experience helping Pennsylvania's alcohol manufacturers and retailers open their doors and reach their business goals. In addition to providing guidance on licensing issues, he has successfully appealed decisions by the Pennsylvania Liquor Control Board and defended clients in citation actions. Ken is a passionate advocate for the industry and maintains an active Twitter account, @PA_Alcohol_Law. He can be reached at kjm@saxtonstump.com or (717) 941-1211.

BENEFITS OF WORKING ECONOMIC DEVELOPMENT



BY LAURA POTTHOFF

WITH YOUR LOCAL CORPORATION

The purpose of economic development agencies

is to help communities thrive. Every town, municipality and community needs jobs and businesses to foster growth and attract new residents and visitors. From offering funding and financing to providing redevelopment strategies and incentives, economic development agencies have many methods that contribute to growth and higher quality of life for residents.

Cumberland County Pennsylvania is growing every day with the help of the Cumberland Area Economic Development Corporation (CAEDC). An agency founded by the Cumberland County Board of Commissioners, CAEDC offers a wealth of resources and strategies to help maintain and improve the area's economy and tourism assets.

Like other economic development agencies, CAEDC's greatest service to the community is the ability to create new jobs and opportunities by retaining, growing and attracting businesses. CAEDC works with businesses and community members to ensure workforce growth and to provide the region with improvements in jobs and quality of life.

CAEDC is also the designated tourism promotion agency for Cumberland County and conducts destination marketing in an effort to sell the area as a desirable tourist destination. Tourism is a significant part of economic development and boosts the economy by providing new and increased customers to local businesses – meaning it benefits both business owners and the surrounding community.

Economic development agencies can provide a range of services, including the following.

FINANCING:

If you want to expand your business, economic development agencies help identify a funding solution that is suited to your needs. At CAEDC, we can offer low-interest loans, grants and access to funding that can help take some of the financial burden off your shoulders and bridge the gap between traditional bank financing and total project costs.

INCENTIVE PROGRAMS:

Certified economic development agencies have access to several incentive programs that you may qualify for, such as public funding and tax incremental financing.

INFORMATION:

Organizations like CAEDC have access to demographics, tax information, key industries, transportation, workforce data and more.

NETWORKING:

In the business world, it's crucial to have a strong networking system. CAEDC offers a number of events and development services throughout the year, which will help business owners make connections with other businesses, contractors, community members, service providers or local, state and federal government officials.

Financing programs are very customizable and can be tailored to meet specific project needs. Below are a few programs CAEDC has used with partners to grow their businesses, followed by case studies. **All loan programs offer a second lien position.**

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. SBA 504 financing is performed in conjunction with a bank partner and requires a minimum 10% equity injection.

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.

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 tourism product development, sales and marketing grants are available to businesses looking to increase tourism to the area 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.

SUCCESS STORIES



DEVELOPMENT

CAEDC assisted **Commercial Flooring** with a \$200,000 PIDA loan for the purchase and complete renovations of their new location in Camp Hill, PA. This family business is the commercial division of M&Z Carpets and Flooring and specializes in senior-living facilities, schools, churches, businesses and tourism venues. Fig. 1

Bessie's Best Lactation Cookies received an \$88,500 investment through the internal Cumberland Revolving Energy Loan Fund to install energy efficient components such as solar panels. They sell products that help breast-feeding mothers produce more milk.

The Watershed Pub received a \$100,000 investment through CAEDC's internal Tourism Infrastructure Loan Fund for the purchase and renovation of an existing building in Camp Hill, PA. The current owners of Millworks in Harrisburg are opening this location as a restaurant and taproom to expand the reach of their already successful craft beers. Fig. 5

Weidner Construction Services received a \$380,000 investment through a PIDA loan for the purchase and construction of their new corporate office in Mechanicsburg, PA, to allow for increased staff and construction space. Weidner specializes in commercial construction projects. Fig. 4

CAEDC assisted **Classic Drycleaners** with a \$140,000 investment through the Cumberland Revolving Energy Loan Fund for energy efficient equipment upgrades in their Lower Allen Township location. Classic Drycleaners offers nine dry cleaning stores, five laundromats and free home and office delivery service. Fig. 3



Fig. 1



Fig. 4



Fig. 5



Fig. 2



Fig. 3

Molly Pitcher Brewing Company in Carlisle, PA, received a \$69,048 Tourism Product Development Grant for the addition of a custom pergola to their back patio. The pergola includes event lighting, heaters and retractable/expandable sides to expand seating and protect customers from the elements. Fig. 2

Lafferty Lumber received a \$625,000 investment through the Small Business Administration 504 program for the rebuild, construction and equipment that was lost during a 2016 fire. They are a wholesale distributor of hardwood and softwood lumber and millwork company.



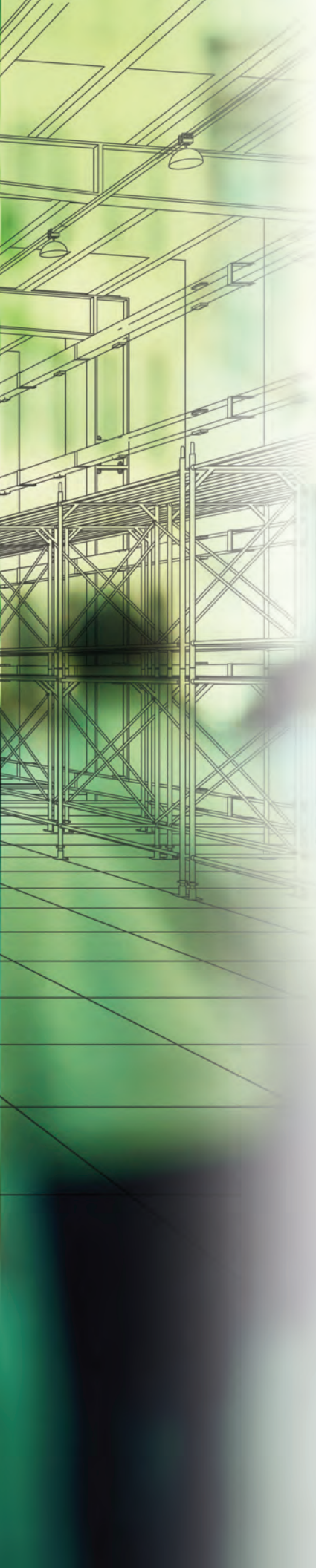
Laura Potthoff is CAEDC's Director of Business & Workforce Development. She is responsible for managing CAEDC's new and existing relationships with partners to help generate business opportunities and workforce development in Cumberland County. She has experience in program management, relationship management, 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.



CANNABIS-FRIENDLY STATES GET MAJOR BOOST IN COMMERCIAL REAL ESTATE



PROGRESSION



MANY STATES AND THE DISTRICT OF COLUMBIA HAVE LEGALIZED MARIJUANA USE IN SOME FORM. MANY, LIKE PENNSYLVANIA, ALLOW FOR LIMITED MEDICAL USE.

According to a November 2019 article on billypenn.com, dispensaries in Pennsylvania have sold more than \$700 million of medical marijuana since the Commonwealth implemented the program, just under two years ago. In that time, nearly 150,000 Pennsylvanians are now certified to purchase marijuana.

While the debate of whether to legalize marijuana – medicinal or recreational – is heated, there is one aspect of this topic that is clear: The demand for the production and sale of medical marijuana is strong, both locally and nationwide. And for cannabis-friendly states, the demand for commercial real estate is on the rise.

WHAT DOES THIS MEAN FOR COMMERCIAL REAL ESTATE HERE IN PENNSYLVANIA? LET'S TAKE A LOOK AT A FEW KEY POINTS.

INCREASED DEMAND FOR BOTH COMMERCIAL AND RESIDENTIAL

States where medical and recreational marijuana are legal have seen increased property demand in both the commercial and residential sectors according to the National Association of Realtors' *Marijuana and Real Estate: A Budding Issue* study. The study also revealed that more than one-third of real estate professionals polled said they saw an increase in requests for warehouses and other properties used for storage. In the same states, up to one-quarter of members said they saw a spike in demand for storefronts and one-fifth said there was a greater demand for land. States where marijuana has been legal the longest have seen the largest impact on both commercial and residential real estate.

BY MICHAEL J. KUSHNER, CCIM



A DOUBLE-EDGED SWORD FOR RESIDENTIAL REAL ESTATE

However, the residential sector has not benefited as much as the commercial sector. In fact, there have actually been a few drawbacks as buyers assess the “new normal” of living near a grow house or dispensary. While between 7% and 12% of those polled said that they had seen increases in property values near dispensaries, between 8% and 27% said they’d seen property values fall. Homeowners are still adjusting to how they feel about purchasing property near areas of marijuana growth and consumption. In states where recreational marijuana is legal, 58-67% of residential property managers have seen addendums added to leases which restrict smoking on properties. The most common issue was the smell, followed by moisture issues.

COMMERCIAL REAL ESTATE INVESTORS SEE THIS AS A BIG OPPORTUNITY

Cannabis investors are buying up commercial property, particularly warehouses, in states where recreational and/or medicinal cannabis use has been legalized for more than three years, according to the National Association of Realtors’ (NAR) study. Investors realize it is important to understand the supply and demand and the regulatory dynamic in each state. Focusing on states with higher barriers to entry makes a grower/processor (GP) license more valuable and makes that real estate more valuable. In 2018, warehouse demand in states with only medical use outpaced demand in states with recreational use, 34% to 27%, respectively, according to the NAR study.

THE ECONOMIC IMPACT IN PENNSYLVANIA

Sales and participation have ramped up significantly since the program’s inaugural year. Last February, total sales had amounted to just \$132 million, per the PA Department of Health. Fast forward 12 months, and the tally has risen to \$711 million. That puts the Commonwealth at a 439% sales jump from year one to year two.

In a snap shot, the PA Department of Health reports that Pennsylvania’s medical marijuana program has:

- 287,000 people registered
- 261,000 patients
- 1,800 registered doctors
- 1,300 approved doctors (practitioners)
- 168,000 active patients (2-2.5 visits a month)
- 4 million patient visits
- \$711 million in total sales
- \$288 million wholesale
- \$423 million in retail sales
- \$110 average purchase per visit
- 22 of 25 GP permits are approved
- 15 of 25 GP permits are shipping product
- 77 dispensaries are operational



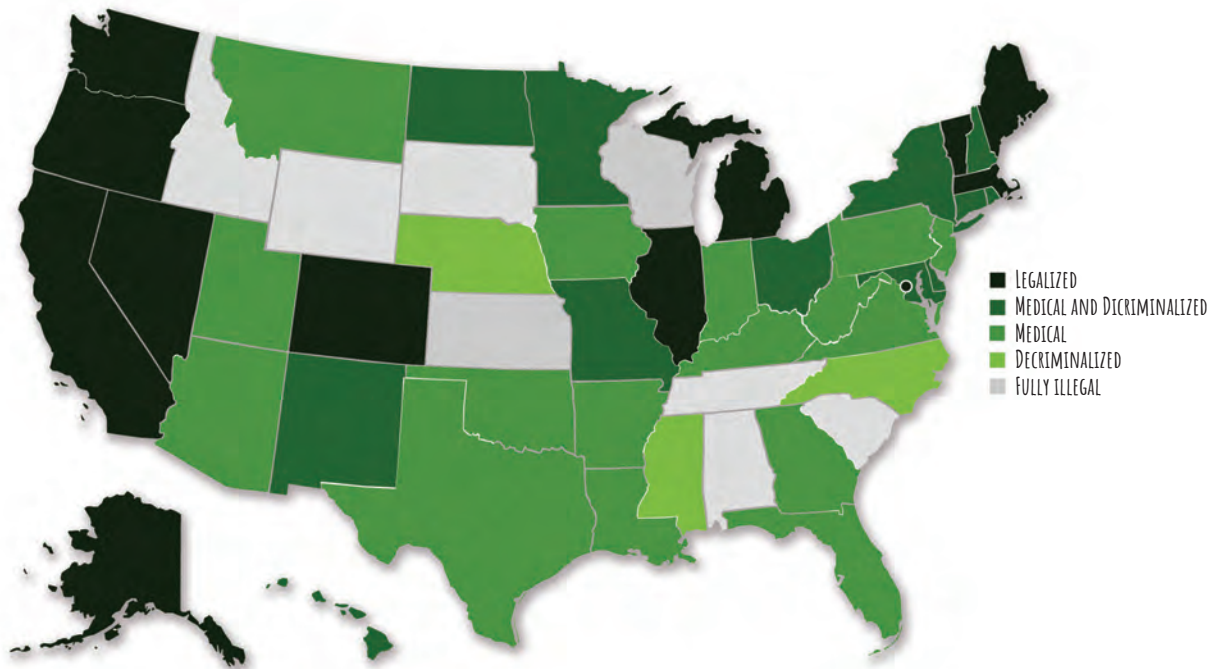
Furthermore, dispensary operators don't seem to think we've reached the saturation point. As more licenses are made available and whatever lies ahead for further legalization of marijuana, one thing is certain: As demand increases for marijuana, so will the demand for commercial estate.

WHAT'S NEXT FOR MARIJUANA IN PENNSYLVANIA?

In October 2019, Governor Tom Wolf came out in favor of legalizing cannabis for recreational use. A 2019 Franklin & Marshall College poll showed that 59 percent of voters support the idea of legalizing recreational marijuana. But voter support alone is not enough. The legislation will have to pass both the House and the Senate, with much opposition particularly from the Republican Party.

While this doesn't mean the possibility of someday legalizing recreational marijuana in Pennsylvania is off the table, it does mean there will be many hoops to jump through - just as there was for the legalization of medicinal use. Looking at the issue solely from an economic standpoint, there is much to be gained by continuing to open this market and remove barriers.

Given the boost this has brought to commercial real estate, with the demand for more industrial and retail space, combined with more interest from commercial real estate and cannabis investors, it's wise to continue to watch for trends - both negative and positive. Looking to other states as examples also gives us insight into what to expect as the cannabis market in Pennsylvania grows and how commercial real estate professionals can continue to capitalize on the opportunity. 😊

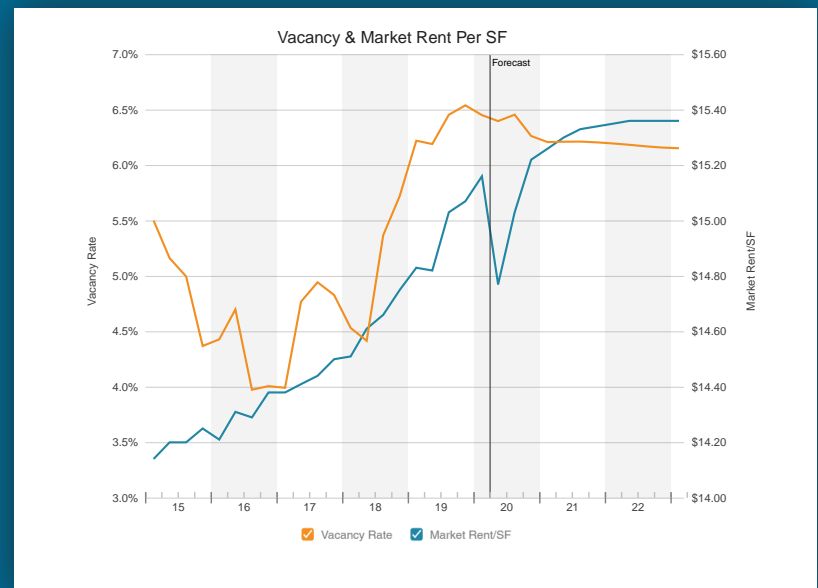
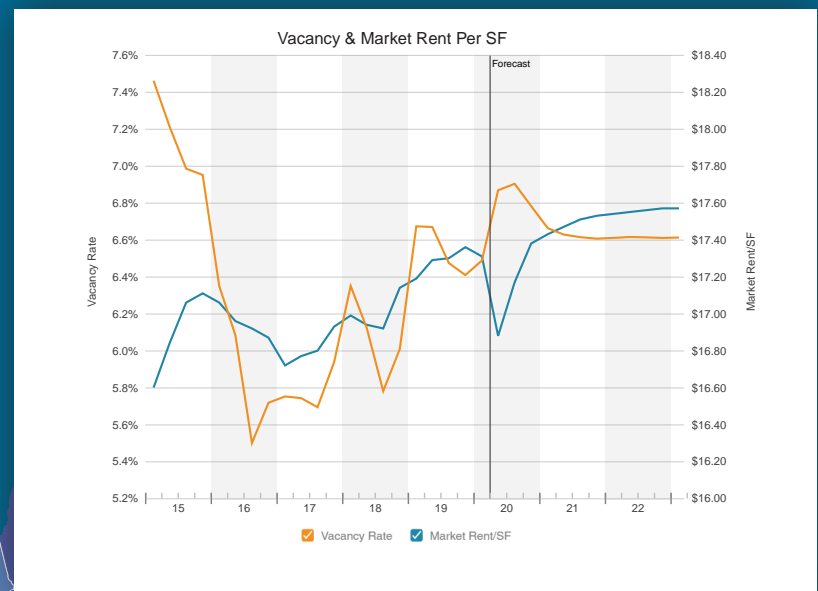
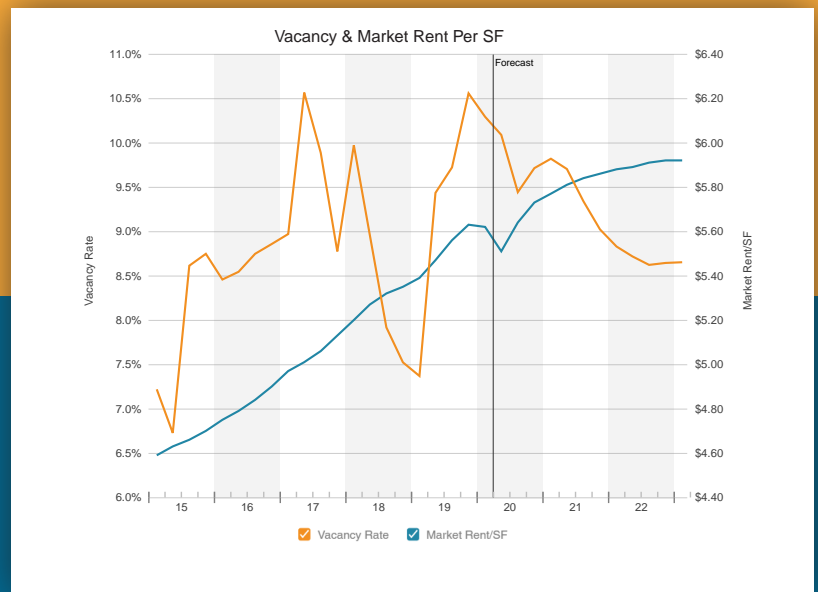


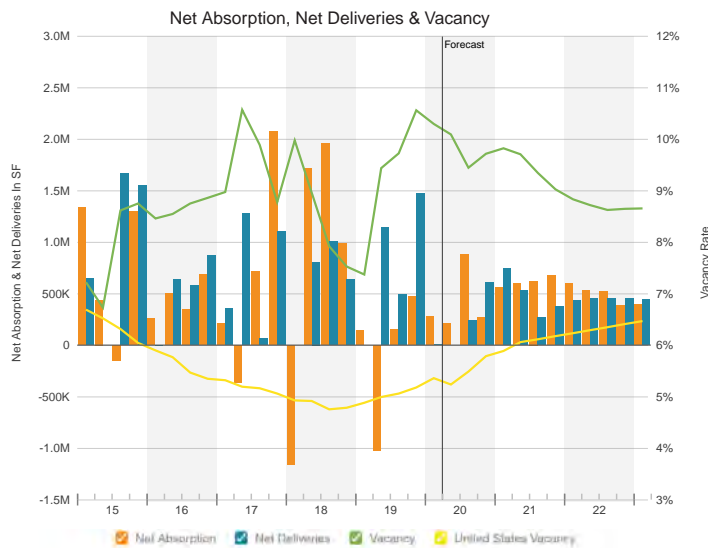
Michael J. Kushner, CCIM is an accomplished real estate practitioner, developer and investor with three-decades of commercial real estate experience. He is the owner of Omni Realty Group, Central Pennsylvania's only exclusive Tenant Representation/Buyer Agency Brokerage and Real Estate Advisory Firm. Through his firm, Mike provides consulting services including due diligence, research, debt & equity placement, real estate brokerage, and excess & surplus property disposition on behalf of corporate clients. Additionally, Mike is an established blogger on all topics related to commercial real estate at a local, regional and national level. You can connect with him on Twitter @MikeKushner, Facebook @omnirealtygroup or online at www.omnirealtygroup.com.



Regional Data

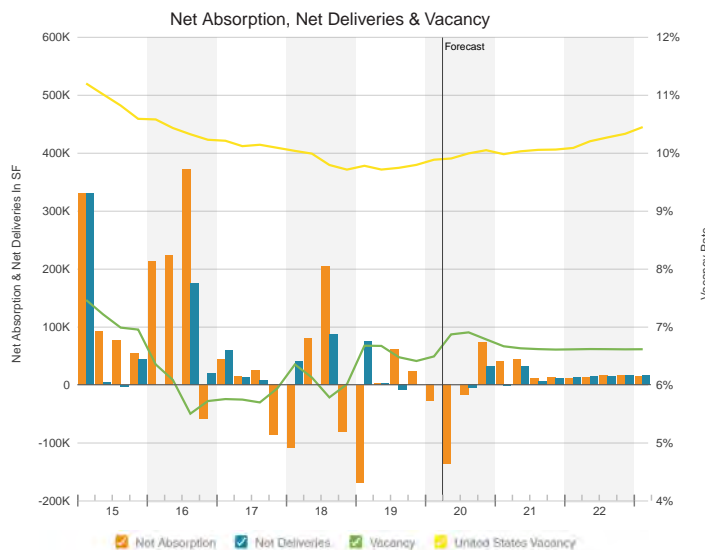
In an effort to bring our readers pertinent information regarding commercial real estate in the Greater Harrisburg Area, we are including the following graphs as part of the *Commercial Real Estate Review*.





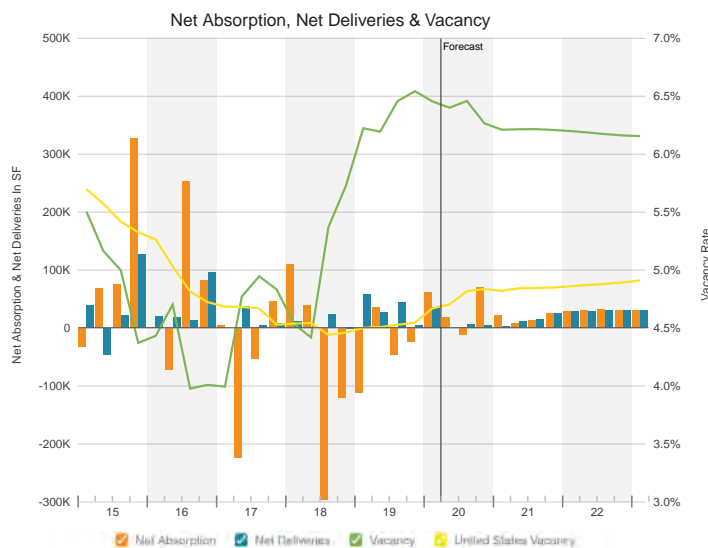
Industrial

HARRISBURG - PA	
Inventory SF	103 M ↑
Under Construction SF	2.3 M
12 Month Net Absorption SF	218 K ↑
Vacancy Rate	10.1% ↑
Market Rent/SF	\$5.62 ↑
Annual Rent Growth	4.0% ↑
Market Sale Price/SF	\$76.00 ↑
12 Month Sales Volume	\$796 M ↑



Office

HARRISBURG - PA	
Inventory SF	35.9 M ↑
Under Construction SF	67.8 M ↑
12 Month Net Absorption SF	(12 K) ↑
Vacancy Rate	6.7% ↑
Market Rent/SF	\$17.27 ↑
Annual Rent Growth	0.7% ↓
Market Sale Price/SF	\$103 ↓
12 Month Sales Volume	\$184 M ↑



Commercial/Retail

HARRISBURG - PA	
Inventory SF	33.6 M ↑
Under Construction SF	21.9 K ↓
12 Month Net Absorption SF	(23 K) ↑
Vacancy Rate	6.4% ↓
Market Rent/SF	\$5.13 ↑
Annual Rent Growth	2.2% ↓
Market Sale Price/SF	\$137 ↑
12 Month Sales Volume	\$131 M ↓



FUNCTIONAL TRAINING IS FOR EVERYONE



One of my favorite pastimes as a boy was turning over rocks in the various creeks and woodland streams near my home in southwestern Pennsylvania. I was in search of salamanders, crayfish, frogs and any other treasures that inhabited those areas.

I realized that I was quite limited in the size and number of rocks that I could move. Even 15 minutes of this labor of love began to feel like backbreaking work. I was sure that larger prizes lay under the larger rocks, if only my 10-year-old frame could move them.

It is counterintuitive that a person can move something without using their arms. But one day, I realized that if I could straddle a larger rock and get a solid grip, I could then actually stiffen my arms and torso but otherwise not really use them. The arms and torso were simply a conduit from my lower body to my hands. This way, my legs could do the heavy moving.

BY BOB GORINSKI, DPT



I was amazed. I quickly discovered that my rock turning limits had immediately quadrupled, and I did not tire nearly as easily. My creature-finding abilities soared (well, in my mind). I had unintentionally discovered the benefits of what adult physical therapy and strength coaches today call functional training.

For athletes and adults of all ages, functional training involves building strength in a manner that optimizes efficient, graceful movement among all body segments. Gaining muscle size may or may not be a sought outcome, but a combination of strength and flexibility is always a goal. Functional training makes use of open space and basic free weights such as barbells, dumbbells and kettlebells. This is opposed to training methods that involve the trainee usually seated on and supported by various weight training machines working one or two muscles at a time. In functional training, the body is usually exercised as an integrated unit and there is no machine-guided path to balance and stabilize the resistance.

As a side note, cardiovascular-type training such as treadmills, stationary bikes and ellipticals provide many health benefits, but these do not substantially change the coordination of body segments — literally how you move — when your body is called upon to pick up a bag of mulch or reach high overhead to catch a ball or pick an apple from a tree.

Functional training is not new. It was first used by old-time weightlifters and strong men who were part of circuses or simply strength hobbyists. Most people didn't identify with that image, and the fitness industry responded by creating gyms and gym culture filled with many of the technology dependent training that rose to popularity in the 1970s through 1990s. In recent years, many if not most gyms have incorporated a functional training section that includes free weights, various semi-firm boxes and other basic (but effective) equipment.

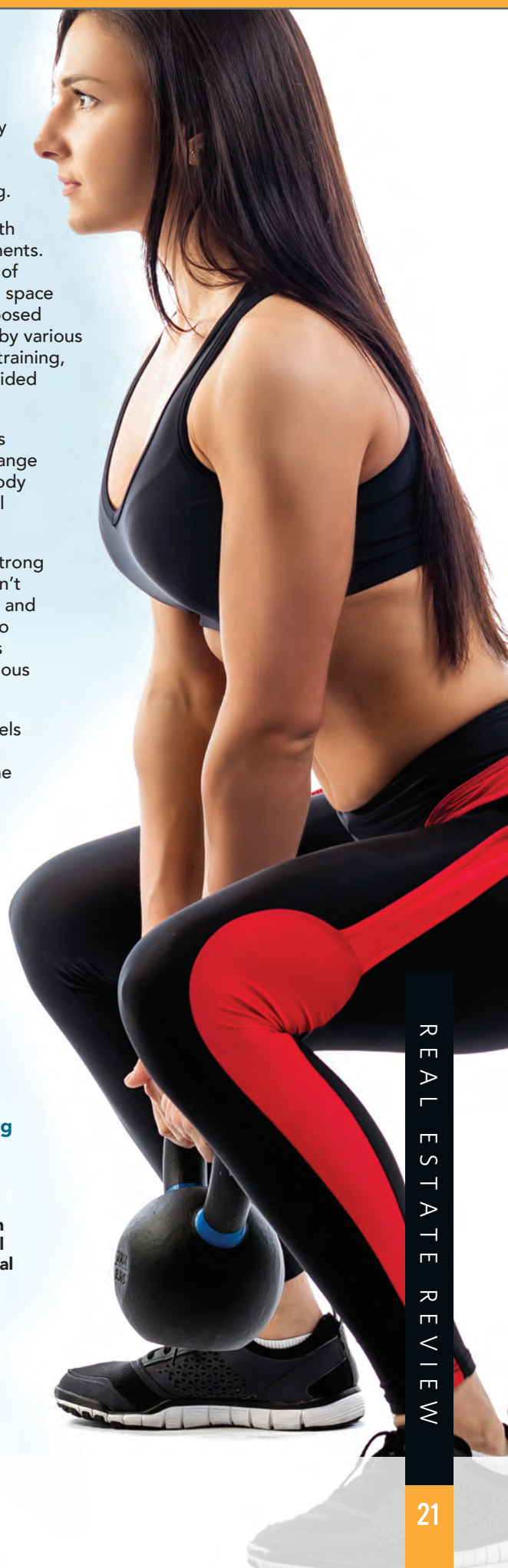
Functional training provides great benefit without being taken to extreme levels often seen on TV, with world-class athletes pushing themselves to their limits. Even athletes are beginning to learn that tearing the body down to an extreme state leaves little room for recovery and growth.

What is relatively new in functional training, however, is the known benefit of individual evaluation and exercise prescription. While functional training has the ability to spark great improvement in our ability to move well outside of the gym, without the fixed guidance and safety nets that exercise machines have to offer, there are certainly more risks involved for those who jump into the wrong exercises for their body type and abilities, or use unrealistic progression (too much too soon). Some individuals benefit from four to six weeks of simple posture and flexibility work before they are able to safely perform squats or hold a weight overhead.

Qualified personal trainers will be able to assist you with a training program that is appropriate for you. See a physical therapist to address any areas of pain you have been dealing with before beginning a functional training program. 😊



Bob Gorinski, DPT, is a physical therapist and owner of Full Reps Physical Therapy in Camp Hill, PA. He specializes in orthopedic rehabilitation and has provided detailed personal training to athletes, young and old, to maximize their physical performance and prolong their years of high-level function. He loves helping others feel, look and perform their best! You can reach him by email at bobg@fullrepstraining.com and on the web at fullrepstraining.com.





CURRENT LISTINGS

GROW YOUR BUSINESS BY EXPANDING INTO
ONE OF THESE LISTINGS FOR LAND, COMMERCIAL,
OFFICE, INDUSTRIAL OR INVESTMENT SPACE.

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**PENDING
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!**

**NEW PRICING
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.



LAND LISTINGS

**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).

**NEW PRICING
SALE**

755 Kriner Road, Chambersburg

4.73 - 7.82 Acres available located between Chambersburg and Greencastle, PA off I-81, Exit 14, on Kriner Road across from the CSX Intermodal Terminal in Chambersburg, PA.

REAL ESTATE REVIEW



LAND LISTINGS



SALE

Kriner Road, Chambersburg

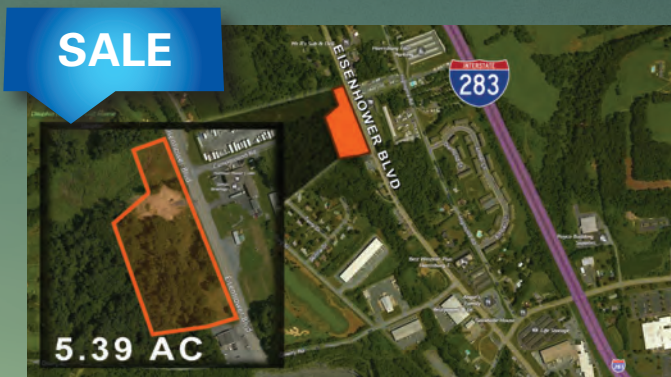
4.64+/- Acres available located near major industrial distribution centers; CSX Inter-modal Terminal, Target, KMART, Nitterhouse Concrete Products. With over 400' of exposure to I-81 and over 400' of frontage on Kriner Road.



**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.



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.

PENDING
SALE

Eisenhower Blvd & Highspire Road, 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

SALE



1301 & 1345 Eisenhower Boulevard, Harrisburg

1.77 & 4.46 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 4.6 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.

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.

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.

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

Four (4) 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 three parcels are tucked in a cul-de-sac just off Cavalry Road.

PENDING
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!**



COMMERCIAL LISTINGS

**PENDING
SALE**



1024 Herr Street, Harrisburg

6,670 SF single-story flex space with good frontage on Herr Street. Property features several offices in the front portion of the building and a shop space in the rear with 12' clear ceilings and an 8'x10' drive-in door. The property is located just off Cameron Street with quick access to I-83 and I-81.

**PENDING
SALE**



1 N. 2nd Street, Newport

9,332 SF former bank (1st floor) centrally located on the Square. The second and third floors were apartments which will need total renovation and current permits to be occupied as rental units, but the space is there to accommodate this use in the building.

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.

**NEW
SALE**



301 N. Enola Road, Enola

This 18,000 SF building was constructed in the early 1940s and originally served as housing for those working at the Penna Railroad across Route 11/15. After that it was converted into an appliance sales and service center. The property features floor to ceiling windows in the retail area with views of the Susquehanna River. In addition to the spectacular view, you also get large rooms for plenty of storage or additional workspace, all on 1.31+/- acres.

SOLD



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!**

SOLD



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.

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!**

LEASED


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!**

PENDING
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.

SALE


25 Carlisle Street, Hanover

Stunning landmark in the Borough of Hanover available for sale. This former bank building, 7,382 SF, was beautifully constructed with great attention to detail and has been well-maintained throughout its years.



COMMERCIAL LISTINGS

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.

**NEW PRICING
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.

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.

**NEW PRICING
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.

SOLD

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.

PENDING SALE

1508 Derry Street, Harrisburg

18,355 SF available in this 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). On-site parking available.

SALE

1440 State Street, Camp Hill

4,019 SF single-story, freestanding commercial building on heavily traveled State Street in Camp Hill. The former NAPA store has an open floorplan which would allow for many commercial/retail uses. Good parking and excellent visibility are just a few of this site's notable features.

SOLD

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.

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.



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 (HIA).

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.

LEASE



4300 Devonshire Road, Harrisburg

Great corner location at Devonshire and Colonial Roads. The property is well-maintained and the available space offers multiple private offices, an open area, reception/waiting areas, a kitchenette and four restrooms. The suite could be divided into various configurations, depending on the need (maximum 2,800 - 3,500 SF).

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

1,449 - 20,193 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.

SALE/LEASE

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.

NEW PRICING
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.

SALE

1002 N. 7th Street, Harrisburg

This 8,286 SF former bank is located just moments from the heart of the business-friendly City of Harrisburg, less than 0.5 miles away from the Capitol and downtown restaurant and retail areas. The property features excellent on-site parking, an open first-floor layout and many private suites on the second floor.

NEW PRICING
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.

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
SALE**



— 3964 Lexington Street, Harrisburg

This 2,244 SF brick beauty has been updated and well-maintained. Located just one block off Jonestown Road, this office space features a waiting area, several private offices, a conference room and a full basement. The second floor has two open rooms and a full bathroom. Corner lot has on-site parking for 10+ cars. Ideal location for a daycare use due to its proximity to residential neighborhoods and layout.

**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!**

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



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.

LEASE



800 N. 3rd Street, Harrisburg

Suites ranging from 782 – 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 to tenants at below market rates.

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, 2020.)**

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. Two condominium units (Suite 200) - 3,895 SF and (Suite 201) - 1,880 SF are available. They can be sold for owner/user or as an investment.

**NEW
LEASE**


1665 Roosevelt Avenue, York

Join OSS Health at their brand new location on Roosevelt Avenue, just off Route 30 and moments from I-83. Approximately 18,617 SF available with 14,438 SF on the second floor with stunning views of York County. Excellent opportunity for tenant to help design and customize their new facility to meet their unique space needs.

**NEW
SALE**


650 S. Enola Road, Enola

5,600 SF well-maintained block building could be utilized by multiple services. The waiting/reception area flows into office and work space which continues into two sizable shop areas with five drive-in's total. Very good location - easy to see, very accessible and surrounded by other commercial users.

**NEW
LEASE**


1335 N. Front Street, Harrisburg

2,000 SF functional first floor office space includes four offices, a work room, reception area, kitchen, and two bathrooms. Grand windows overlook beautiful Susquehanna River in downtown Harrisburg. Parking available in a lot on the next block for the first floor tenant. Conveniently located minutes from I-81 and I-83.



OFFICE LISTINGS

LEASE

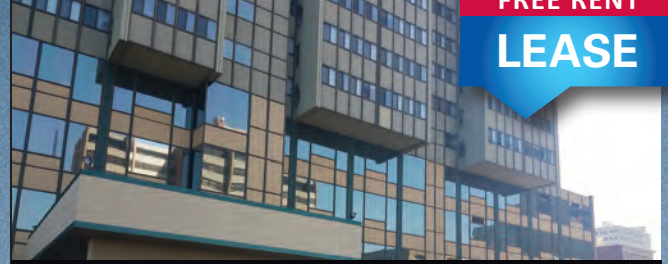


24 Northeast Drive, Hershey

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

544 – 10,918 SF (25,816 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.

LEASED



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.

NEW

SALE



75 E. Derry Road, Hershey

Attractive, well-maintained, 6,760 SF single-story office building located 0.5 mile from Chocolate Avenue in downtown Hershey. The building sits on 1.4+/- acres and has approximately 45 parking spaces on-site. The interior consists of private offices, open areas, conference/meeting room and plenty of storage.

NEW

SUBLEASE



300 N. 2nd Street, Suite 704, Harrisburg

1,330 SF seventh floor office space available in this downtown high-rise. The building boasts a marble and glass entrance way. The suite has a waiting area, large conference room, private office, a storage area and kitchenette. All furniture is included in the rent. This City location provides excellent access to Harrisburg amenities.

**NEW
SALE**



500 N. Progress Avenue, Harrisburg

5,112 SF two-story, well-maintained office building for sale with ample parking. Conveniently located in Susquehanna Township and minutes away from I-81, I-83, downtown Harrisburg, PA Farm Show Complex, and Harrisburg Area Community College. For additional details, or to set up a showing, please call Nik Sgagias or Amber Corbo at (717) 761-5070.

SOLD



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.

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.

**NEW
SALE**



4109 Derry Street, Harrisburg

1,260 SF freestanding, newly renovated office space situated at a dedicated signalized intersection. Accessible directly from I-83 ramp on Derry Street. Space is functional and the location has high traffic, which makes it perfect for your business sign exposure. Additional 400 SF available on lower level.

**SALE****140-148 Ole Lane, Grantville**

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.

PENDING**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.

PENDING**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.

LEASE**2150 S. Queen Street, York**

9,493 SF second floor office and warehouse space available for lease in the growing area of South York just off the I-83 and S. Queen Street interchange.

NEW**LEASE****651 Gibson Boulevard, Harrisburg**

4,823 SF available in this clean, well-maintained, functional flex space for lease in established industrial setting. Easy access to and from I-83 makes this site attractive for users with a lot of truck traffic. The space has one drive-in, one dock, and there is a second knock-out dock door.

NEW**LEASE****1900 Crooked Hill Road, Harrisburg**

Multi-use building with up to 8,000 SF available for lease. Built in 2001, the space features newer upgrades - high ceilings (18'7" clear), 2 docks, 2 drive-in's, a sprinkler system and central air and heat. Located minutes from the City of Harrisburg, Route 22 and I-81, this site is highly desirable.



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