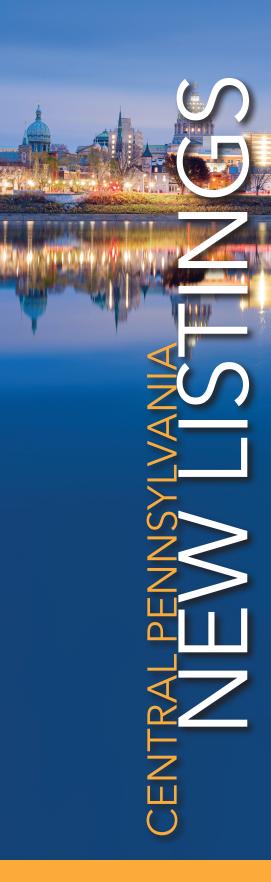
FIRST QUARTER 2021 COMMERCIAL COMMERCIAL





5060 Ritter Road, Mechanicsburg

Approximately 2,000 SF office and 3,000 SF warehouse space with visibility from Route 15. The office area consists of private offices, an open working area, break room and conference room. The warehouse has a drive-in door and over 19' of clear height. This flex space lives up to its name — it's very flexible for a variety of users!

940 E. Main Street, Palmyra

High-profile and convenient location along E. Main Street (Route 422). There are several opportunities for retail development. Pad site is approved for a 2,487+/- SF building.

1700 Quentin Road, Lebanon

Pad site for lease along Quentin Road in Lebanon next to Mavis Discount Tire. This is a strong retail area with big box stores such as Lowe's Home Improvement, Staples, JOANN Fabrics and Crafts, Tractor Supply Co., Giant Food Stores, CVS and more. The site is approved for a 5,952+/- SF building.

3460 Paxton Street, Harrisburg

Former Planet Fitness and CJ Tires located on heavily traveled Paxton Street, directly across from the Harrisburg Mall. This 12,400 SF building has it all. Large warehouse/storage area with a drive-in door, front office or retail space and sprinklers. Don't miss this opportunity to lease this prime real estate.

28 E. Main Street, New Kingstown

11,505+/- SF of flex space in Silver Spring Township with General Industrial zoning. Property has had many uses over the years - Harley Davidson bike shop, Tae Kwon Do school, offices and storage. There are many options on this 1.77+/- acre site. There is an income producing tenant as well.

2120 Fisher Road, Mechanicsburg

4,559 SF available in this unique office building with easy access to Route 15 & PA Turnpike. Space is functional with many windows and skylights throughout so that every space gets natural light. The large landscaped lot creates a nice setting. Main floor has credit tenant until September 2023.

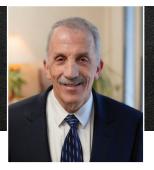
For More Information:

Bill Gladstone, CCIM, SIOR (717) 761-5070 ext. 120 wgladstone@naicir.com www.billgladstone.com

217 State Street, Harrisburg

Fantastic investment opportunity on State Street in Harrisburg located steps from the Capitol building. 3,240 SF available in this beautifully renovated property with luxury vinyl floors, updated bathrooms, and two kitchenettes. Perfect property for your commercial or residential needs!





WILLIAM M. GLADSTONE, CCIM, SIOR

Lessons Learned

Recently writer Sibley Fleming interviewed me for the SIOR Report about the lessons I have learned from the COVID-19 pandemic. It was a very thoughtful question so I took a few days to think about it clearly before responding.

I learned some very important lessons this past year. The pandemic was a huge distraction for me and countless others on a daily basis. This distraction was extremely persistent in trying to destroy my focus. If I didn't keep my focus, I knew I would lose control of my financial future. I could tell I was losing my sense of direction as I navigated through my personal and business life.

After the first week of our governor shutting down real estate in the Commonwealth of Pennsylvania as a non-essential service, I realized that staying focused was the key element to overcome this distraction. I wanted to keep my business intact, my sales at or above average, and my staff employed. Everything I had spent years developing and creating now had the potential to crash and burn. If I wanted to maintain the meaning and purpose of my business and personal life, I needed to stay focused. The more I took my eyes off the prize, the more I increased the opportunity to have the prize vanish.

Every day, I got dressed in my business attire and went to the office. I didn't have to worry about social distancing as I was usually the only one there. As I sat at my desk, I regained my focus as I worked on deals that were closing or deals that were still moving forward. The scary part was this huge distraction. It only got worse as I sat at my desk waiting for the phone to ring. Neither my work phone nor my cell phone rang. It was extremely disheartening to think that business as I knew it may never return. I refused to let that thought take over and control me or my business. I stayed focused and got through it along with many others.

A second thought that occurred to me as I reflected on this past year was the importance of being humble. The pandemic had an invisible potential to cripple my business, change my focus, put my employees out of work, and change my way of life. It was something to be concerned about. Understanding how everything could have changed dramatically in a very short period of time, I took nothing for granted. The fact that we are talking about the pandemic coming to an end, vaccine distribution, and the curve being substantially crushed is great, but it's not over. For me, it is important to remain humble so that arrogance doesn't take over and destroy what I've worked so hard to build, just to be attacked again next year and maybe the year after if there is a resurgence. My lessons have been learned.

How ironic it would be if it was not the next pandemic, but the indifference that we as a group show that would take me down?

We have all experienced this pandemic, certainly in different ways and with different repercussions. There are some lessons here. We should learn them well.



Contents



ENVIRONMENTAL

The Importance of Indoor Air Quality in the Workplace



1.AW

Eviction Moratoriums In Central Pennsylvania



FINANCIAL

A Consideration of Possible Tax Changes That Lay Ahead



REGIONAL DATA

Greater Harrisburg Area



MEDICAL CORNER

Why Does My Jaw Hurt Every Time I Chew, Yawn, Or Open My Mouth?

REAL ESTATE LISTINGS

Industrial Land Commercial Office Investment

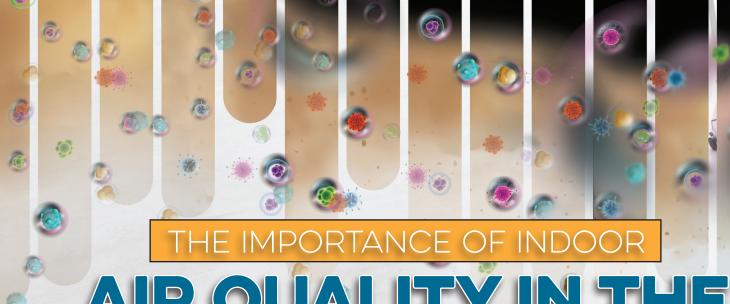
Commercial Real Estate Review is produced four times per year by the Bill Gladstone Group of NAI CIR to serve the region's business, commercial and industrial real estate decision makers.

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

On the Cover: The average American spends 90% of their time indoors. Poor indoor air quality is a known cause of sick building syndrome. Bill Gladstone, NAI CIR, depicts what it would be like to move his office outdoors. See related article on Page 4.

Cover Photo: Joe Cicak Publication Design: Gmuender Designs Print and Mailing: Hotfrog Print Media

© 2021 Bill Gladstone Group of NAI CIR. All rights reserved.



AIR QUALITY IN THE WORKPLACE

According to the Environmental Protection Agency (EPA), the average American spends 90% of their time indoors. A Gettysburg College study states that Americans spend a third of their time in the workplace. Indoor air quality is an important condition that affects every workplace. It contributes to the health, comfort, and well-being of all building occupants. Poor indoor air quality is a known cause of sick building syndrome.

According to the EPA, indoor concentrations of some pollutants have increased over the past several decades. This is due to such factors as energy-efficient building design (tighter building construction), which reduces the amount of natural ventilation and increases the need for mechanical ventilation. The International Mechanical Code provides us with the requirements to achieve the adequate air changes needed. There has also been an increased use of synthetic building materials, furnishings, pesticides, and commercial cleaning products. These are additional causes of indoor pollution.

The Indoor Air Quality (IAQ) can also be affected by carbon monoxide gases, volatile organic compounds (VOCs), and various chemicals that are commonly used indoors. Additionally, particulates, mold, and bacteria that collects within the HVAC ductwork are a known cause of poor IAQ. Air filtration systems should be cleaned on a regular basis to prevent mold growth and reduce dust particle circulation within the workplace. Ventilation to dilute contaminates is an important means of improving air quality in most buildings. The use of IAQ sensors helps to monitor air quality and allows mechanical ventilation equipment to achieve the correct amount of ventilation as the conditions change. High rated filters and other IAQ products such as ultraviolet lights, P.H.I. Technology (Photo Hydro Ionization), humidifiers, and dehumidifiers help in reducing the particulates from circulating throughout the workplace. These products need to be sized correctly to insure proper operation of your equipment.







Some of the recent office building development projects have made IAQ a key component of their design and marketing strategy. Case in point is the City Center Investment Corporation portfolio located in downtown Allentown. Since 2013, they have developed more than 1 million square feet of Class A office space within the Allentown CBD. They have placed a priority of delivering a clean, healthy, and safe environment for employees of their tenants within their development designs.

Jarrett Laubach, the Director of Leasing for City Center Investment Corp., stated: We focus on three important areas: the best possible construction quality, an infrastructure that delivers an enhanced clean indoor environment, and the highest level of in-house service for our tenants. Since the very beginning, the wellness of our tenants has been a top priority, and now more than ever, air quality within buildings is playing a key role in the health of people working in those buildings. City Center's office buildings utilize the best filtration systems and control fresh-air quantity in a cost-effective way. As part of their ongoing effort to provide the best quality IAQ for their tenants, City Center Investment Corp implements the following tactics for the health of their tenants' workplaces.

- Improved Outdoor Air Ventilation: In accordance with industry standards (ASHRAE) and CDC guidelines.
- Improved Central HVAC Filtration:
 The utilization of best-in-class
 MERV-13 air filters.
- Increased System Running Hours: Operating 24/7.
- Maintained Temperature and Humidity: Summer 40-55% and Winter 30-40%.

Although a comprehensive janitorial service with an enhanced sanitizing program offers a clean workplace, it is also important that IAQ monitoring within buildings is done on a regular basis. A commercial HVAC service provider can provide property owners with a maintenance program that ensures a quality IAQ level within the workplace. As a result of the COVID-19 pandemic, tenants in the market for commercial and industrial space will now focus upon what landlords are doing to implement an IAQ monitoring program that will result in optimum employee performance, safety, and satisfaction.



Amy Hawley, SIOR, is Senior Advisor at SVN | Imperial Realty in Allentown, PA. She has over 30 years of industrial-commercial real estate brokerage experience in the Lehigh Valley, PA region. She specializes in industrial sales and leasing and also offers market consulting services to business and industry throughout the region. Contact her at (484) 245-1000 x1014 or amy.hawley@svn.com.



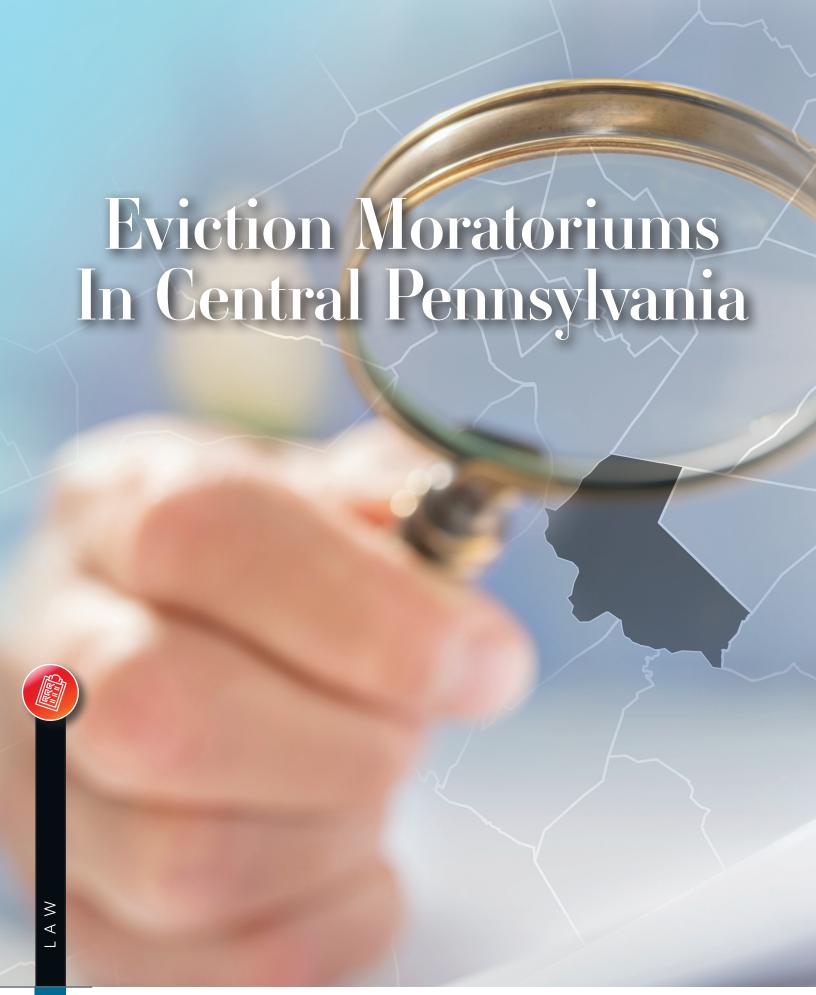
Jarrett Laubach, CCIM, serves as City Center Investment Corporation's Director of Leasing, the key point of contact for companies exploring a move to City Center Allentown. He has 17 years of experience working within corporate real estate and has negotiating and transacted \$110 million of deal value in commercial real estate sales and leases in and around the Lehigh Valley. Contact him at jlaubach@citycenterallentown.com.



Justin Flores has over 20 years' experience working in the HVAC industry. He joined Burkholder's Heating & Air Conditioning, Inc. in 2020 as a Commercial Estimator and currently oversees the Commercial Installation Department. Contact him at (610) 965-9736 or jflores@burkhvac.com.



Bob Burkholder is the second-generation owner and operator of Burkholder's Heating & Air Conditioning, Inc. in Emmaus, Pennsylvania. He has been involved in the family business since 1985 and assumed the company leadership from his father in 2000. Contact him at (610) 965-9736 or r.burkholder@burkhvac.com.



INVESTOR RIGHTS ARE IN A STATE OF CONFUSION IN PENNSYLVANIA AND BEYOND. THEY HAVE BEEN SO FOR ABOUT A YEAR.

AS A RESULT OF EXECUTIVE ACTIONS IN PENNSYLVANIA AND BY THE FEDERAL GOVERNMENT, PROPERTY INVESTORS ASSUME THEY ARE UNABLE TO EVICT TENANTS. LANDLORDS FAIL TO PURSUE THEIR REMEDIES IN COURT BECAUSE THEY HAVE BEEN LED TO BELIEVE THAT ALL EVICTIONS ARE NOW ILLEGAL.

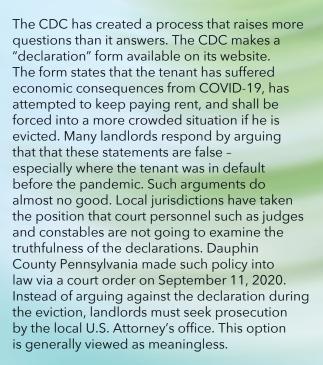
Clerks in various filing offices refuse to accept eviction related paperwork for the same reason. Even some landlord advocates have wrongly advised their audiences that evictions are on hold in certain jurisdictions or statewide.

The law has changed often over the past twelve months, adding to the uncertainty. Notwithstanding the changing law and the misleading advice, eviction remains a viable remedy for investors who need to follow this course of action. While I always recommend eviction only as a last resort, eviction has proven to be necessary in enough cases over the years that the loss of this remedy would be devastating to the housing industry.

The most important moratorium affecting landlords at this time comes from the federal Centers for Disease Control and Prevention and has been in effect since early September 2020. The moratorium is a bureaucratic decree that the CDC arguably had no authority to impose. The moratorium has subsequently been adopted by local courts in the form of orders interpreting and enforcing the moratorium. When the county or other local courts interpret the moratorium, it becomes law in that jurisdiction. Each county interprets the moratorium somewhat differently, thus making the moratorium somewhat different in each jurisdiction.

BY DAVID LANZA





The CDC moratorium carries criminal penalties for those who evict in violation of the moratorium, including fines of up to \$500,000 and imprisonment. These penalties

have had a chilling effect on court administrative personnel to the point where they will expand the moratorium beyond its own terms.

- Some Magisterial District Justice clerks have told landlords they are not accepting any filings at this time.
- Some sheriff's deputies have told landlords and their attorneys they are not enforcing any judgments against tenants at this time.
- Magisterial District Justices sometimes warn landlords, in front of tenants, about the penalties in open court even when the moratorium does not apply to that particular case.

In each of the above cases, a landlord or his attorney can correct the situation by pointing out that the moratorium does not apply in that particular case. I have personally seen court personnel immediately abandon their attempts to stop cases when the inapplicability of the moratorium is raised. But the landlord must be prepared in advance and understand when the moratorium applies and when it does not.



All courts in Central Pennsylvania have interpreted the moratorium to apply only to cases of unpaid rent. When a tenant commits lease breaches other than failure to pay rent, it is possible to evict the tenant even if the tenant provides a CDC declaration. The Dauphin County Court specifically set forth this policy in its Order of September 11, 2020. Other counties such as Cumberland and York follow the same policy without setting it out in an order.

This exception for nonrent breaches means that most eviction cases can go forward, provided that a landlord knows how to proceed. The first thing that every landlord must do is carefully examine the lease in order to identify the full extent of the tenants' responsibilities. Most landlords have historically not done this before filing for eviction because other lease violations seemed to be moot at that point. But those violations were never moot even before the recent moratoriums. A landlord was always required to prove nonrent violations in order to obtain an order for simple "possession" instead of an order giving the tenant 10 more days to pay the rent. Experienced landlords refer to these two possible outcomes as "straight possession" versus "pay and stay." That distinction was not crucial if the tenant could not pay the arrears within the 10 days. But today, non-rent violations could make the difference between the landlord retaking possession or seeing the tenant occupy the premises without paying rent.

Many lease clauses are often forgotten despite their importance. There are "no pet" clauses, "no smoking" clauses, bad check clauses, maintenance and cleanliness clauses, noise and disturbance clauses, and renter's insurance clauses. Renter's insurance is particularly important because the tenant's liability clause will reimburse the landlord in the event of fire damage. Small fires are relatively common.

In addition to reviewing the lease, landlords should exercise their right to inspect their units upon reasonable notice. Such inspections are more important given today's legal climate. When a landlord knows his lease and visits the property, he may find that the tenant is in breach of the lease in more ways than simply failing to pay rent.

SECTION 5

All of these violations become crucial when a landlord fills out a complaint at the local district justice office. The landlord needs to list those violations in section 5 of the complaint. The rent claim appears higher in the complaint form, but section 5 should not be ignored any more. If section 5 is left blank, the landlord will be vulnerable to the CDC moratorium.

In my experience, judges are more conscious now of the possibility that lease violations will be added to section 5 solely for the purpose of avoiding the moratorium. I do not recommend adding violations for this purpose. The landlord should list violations only if they are substantial and cause actual harm. The best way to pursue these violations is to act on them soon after they are committed or discovered. Judges are skeptical in cases where a violation has been ignored for a lengthy period of time. Acting on violations early requires the landlord to be more diligent in operating his properties and more proactive in enforcing the rules. The landlord should not allow violations to continue simply because the rent is getting paid.

Because many landlords have not always enforced the lease for rules violations, judges often do not understand how such a situation emerges. A pattern of rules violations often develops over many months or longer. Landlords prefer to work with a tenant when violations are few until such time as the violations become intolerable. But landlords have to make this scenario clear to the judges if the landlords are to enforce their leases and avoid tremendous out-of-pocket expenses. The only way to create this understanding is to complete section 5 and raise the issue in court whenever it is necessary. Section 5 is a neglected tool that has atrophied through disuse. It will take time to reestablish this tool so that the landlords might enforce their entire lease instead of simply pursuing rent.



LEASE EXPIRATION

Some MDJs understand that an expired lease cannot be the subject of a CDC declaration. They will not stop an eviction when the lease has expired even if a tenant submits a CDC declaration. Expired leases thus allow the landlord to bypass the entire issue of lease violations. Not every judge takes this position. All of the Dauphin County judges apparently agree that a tenant cannot stop the eviction with

a CDC declaration if the lease has expired (Harrisburg City is a separate issue due to separate legislation discussed below). In York County, the issue is not so clear. Some judges in York County take the opposite position as the Dauphin County MDJs, holding that expiration of the lease would not prevent a tenant from using a CDC declaration to remain in the premises. I have personally witnessed some York MDJs agree with the Dauphin County position and treat the expiration as dispositive regardless of any COVID-19 related issue.

Enough judges will view an expiration as removing the case from CDC consideration that the landlords may want to rethink their leasing process. Many landlords use a one-year lease that turns into a month-to-month lease automatically at the end of the first year. Landlords might want to consider using a month-to-month lease from the beginning so that the CDC moratorium is less of an issue (depending on the jurisdiction).

A big problem occurs when the tenant waits until after the hearing and presents the CDC declaration to the constable on the eve of eviction. The constable, not knowing the basis for the possession order, will simply refuse to evict the tenant. There is nothing for the landlord to appeal since he won the case 10 or 20 days earlier. The MDJs role in the case is now over since he has already made his decision. The only solution to this scenario is for the landlord and the MDJ to anticipate this possibility during the hearing. If the landlord asks the MDJ to make a notation in the file that this particular case is not a CDC case due to lease violations or lease expiration, then the constable will have some guidance when the tenant presents the declaration to the constable 20 days later. I have seen MDJs initiate this solution in order to avoid the scenario of the after-submitted CDC declaration.

It will do no good for the landlord to argue that the tenant is lying if that tenant submits a CDC declaration. The landlord should not bother arguing against a CDC declaration. The landlord's only recourse is to seek eviction based on lease violations and/or an expired lease in addition to any unpaid rent.

The City of Harrisburg adopted its own moratorium in December 2020. That moratorium mirrors the results of the CDC moratorium in most respects. Specifically, a landlord is permitted to evict a tenant

for lease violations unrelated to rent. But the ordinance specifically prohibits evictions based solely on the expiration of the lease. The Harrisburg moratorium does not depend on the tenant submitting an affidavit. Following this ordinance, some Harrisburg MDJ offices initially refused to accept any landlord-tenant complaints. These refusals were initiated by clerical personnel instead of the judges themselves. They later reversed themselves and accepted complaints. Evictions continue in the City of Harrisburg. The Harrisburg ordinance has been extended at least once and will likely be extended again.

The Harrisburg timeline is different than the CDC moratorium, but the CDC moratorium will likely be extended again also. Two different courts (in Ohio and Texas) have ruled that the CDC moratorium is unconstitutional. The CDC has announced its intention to appeal those cases.

Do not wait for any moratorium to expire to begin your evictions. The law allows for evictions under the circumstances I have outlined. The landlords' rights must be used in order to be recognized. Failure to exercise these rights will reinforce the general impression that all evictions are now illegal. This general impression in the minds of clerical personnel can be fatal when those personnel deny access to the judges who might know better.

It is also important to remember that there is no rent moratorium in place at this time, even though such a moratorium has been proposed in Congress. All of the current moratoriums make it clear that tenants must pay rent even though evictions are somewhat restricted. Landlords must remember that they have rights even with the existing moratoriums. They should not surrender those remaining rights voluntarily.

This was written on March 24, 2021 and will be updated in the near future to take into account changes in the law that have since occurred or will occur.



David Lanza is a real estate lawyer focusing on landlord representation throughout Pennsylvania. Mr. Lanza handles settlements on real estate transactions, evictions, municipal representation, and residential and commercial leasing. He has spent the past year advocating a coordinated investor response to the executive orders that now restrict the industry. He can be reached at (717) 730-3775 or djlaw@pa.net.







There is a legislative process that all bills, including tax bills, must go through to become law. Below is a basic chart of this process:



President Biden's administration will present tax bills to become law. Biden has recently made some key political appointments who will comprise his administration. Several of Biden's Cabinet members and key advisors will be involved in determining future tax policy.

Such positions and appointments (some of which may still need confirmation) include:



- Senate Finance Committee:
 Senator Elizabeth Warren
- Counselor to the Assistant Secretary for Tax Policy: Rebecca Kysar
- Secretary of Treasury:
 Janet Yellen
- Senate BudgetCommittee:Senator Bernie Sanders
- Director, National Economic Council: Brian Deese
- Chair, Council of Economic Advisers:
 Cecilia Rouse

At this time, President Biden has proposed several tax concepts which may or may not become law. These potential changes include:



An increase in tax rates for the highest income tax bracket.

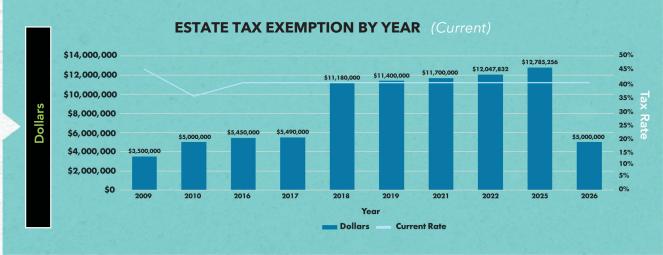
The Biden administration has specified a potential threshold of \$400,000 for which the new tax rate (39.6%) would apply. The current rate is 37%.

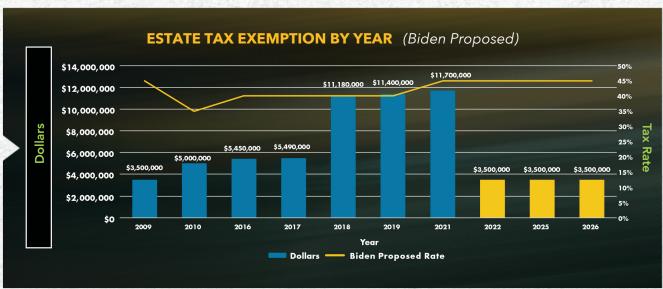
- An increase in the capital gains tax rate, possibly at ordinary income rates (39.6%) for those with income greater than \$1,000,000. The capital gains rate is currently 20%.
- An increase in the corporate tax rate to 28% from the current 21%.
- A 15% corporate alternative minimum tax on book profits over \$100 million.

- An elimination of the step-up basis on inherited assets used for capital gains taxation.
- A reversion of estate and gift tax rates and exemptions back to 2009 levels, which include a \$3,500,000 exemption and 45% tax rate.
- A 12.4% Social Security tax for wages below the current wage cap, \$142,800, and above \$400,000:
 - Those earning \$0 to \$142,800 would be subject to 12.4%.
 - Those earning between \$142,800 and \$400,000 would not be subject to tax.
 - Those earning over \$400,000 would be subject to 12.4%. For these individuals, half of the tax would be paid by the employer and half by the employee.

Listed below are charts showing individual income tax rates, corporate tax rates, and estate tax exemption rates to provide a visual representation of what some of President Biden's proposed tax changes could look like for 2021 and beyond.







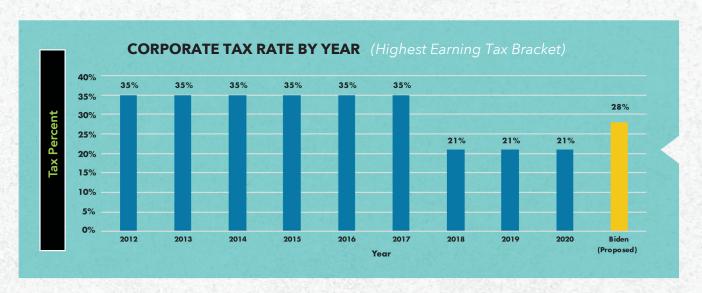


Author's note on estate planning: As we consider the possible future changes to estate tax laws, there are several key factors to remember, which include:

- 1 A reduction in the exemption threshold (see charts page 18).
- 2 An increase in the tax rate (see charts above).
- 3 Clarification from the IRS that there will be no "clawback" for gifts prior to the death of a taxpayer.

Example: Prior to 2018, John Doe never made a taxable gift. In 2018, when the estate exclusion is \$11.18 million, John makes a taxable gift of \$9 million. John uses \$9 million of the available estate exclusion to reduce the gift tax to zero. John dies in 2026. Even if the exclusion is lower that year (say \$5 million), John's estate can still base its estate tax calculation on the higher \$9 million of estate exclusion that was used in 2018. Therefore, \$4 million of previous gifts would still escape the estate tax.

- 4 It is possible that, due to the current COVID-19 pandemic, valuations of closely held stock could be depressed, which may result in a lower gift amount.
- 5 A proposed IRS law change in 2015 would have limited the discount factor that applies to valuations. This was stopped in 2016 due to the change in the presidential administration. This proposed change could resurface, decreasing the discounts and increasing the valuations used for estate planning.





Robert A. Abel, CPA, CSEP, is a Principal and Shareholder of Brown Schultz Sheridan & Fritz (BSSF). Bob provides tax, audit, and specialty business consulting services to his clients and specializes in assisting privately owned businesses achieve their success. For more information visit www.bssf.com. Contact Robert at RobertAbel@bssf.com or (717) 761-7171.

Disclaimer: Information provided by Brown Schultz Sheridan & Fritz (BSSF) is intended for reference and information only.

As the information is designed solely to provide guidance, and is not intended to be a substitute for someone seeking personalized professional advice based on specific factual situations, responding to such inquiries does NOT create a professional relationship between BSSF and the reader and should not be interpreted as such. Although BSSF has made every reasonable effort to ensure that the information provided is accurate, BSSF makes no warranties, expressed or implied, on the information provided.

The reader accepts the information as is and assumes all responsibility for the use of such information.

 \propto



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.







HARRISBURG



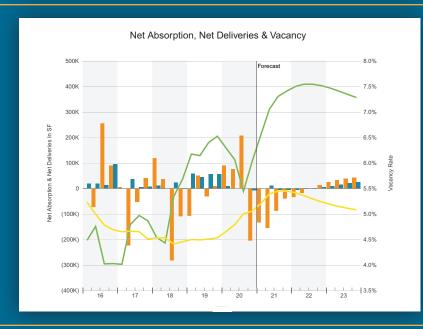
Industrial

| HARRISBURG - PA | |
|----------------------------|-----------|
| Inventory SF | 106 M ↑ |
| Under Construction SF | 809 K ↓ |
| 12 Month Net Absorption SF | 3.6 M ↑ |
| Vacancy Rate | 8.4%↓ |
| Market Rent/SF | \$6.12 ↑ |
| Market Sale Price/SF | \$79.00 ↑ |
| Market Cap Rate | 6.1%↓ |



Office

| HARRISBURG - PA | |
|----------------------------|-----------|
| Inventory SF | 36.4 M ↑ |
| Under Construction SF | 223 K ↑ |
| 12 Month Net Absorption SF | (294 K) ↓ |
| Vacancy Rate | 7.6% ↑ |
| Market Rent/SF | \$17.64 ↑ |
| Market Sale Price/SF | \$130 ↑ |
| Market Cap Rate | 9.3%↓ |



Commercial/Retail

| HARRISBURG - PA | | | | |
|----------------------------|------------------|--|--|--|
| Inventory SF | 33.5 M ↓ | | | |
| Under Construction SF | 16.6 K↑ | | | |
| 12 Month Net Absorption SF | (41.6 K) ↓ | | | |
| Vacancy Rate | 6.4% ↑ | | | |
| Market Rent/SF | 15.19 K ↑ | | | |
| Market Sale Price/SF | \$120↓ | | | |
| Market Cap Rate | 7.8% ↑ | | | |



Is your jaw causing you pain when chewing, yawning, or opening your mouth?

ARE YOU WONDERING WHY YOUR JAW HURTS?

There could be various reasons why you are suffering jaw discomfort and pain.

Often, jaw pain is caused by muscle tightness, spasm, or weakness which is typically caused by something from elsewhere in the body.

The jawbone fits together with the skull forming a hinge joint. This hinge joint can be pulled out of position, which can cause one

This can cause irritation of the joint surfaces, which results in pain just below the inside of the ear where the jaw bones fit together. This joint is the Temporomandibular Joint (TMJ).

side of the jaw to open further or faster than the other side.

You can feel your TMJ joint just by your ear upon opening and closing your jaw. If you have pain in this joint, then it could explain your issues with yawning, chewing, or speaking.

There are three main symptoms that could point to TMJ Dysfunction – restricted jaw movement, joint noise (or a popping sensation), and facial pain.



There are various different factors that could cause TMJ Dysfunction and jaw pain.

While specific conditions – such as gout, fibromyalgia, or rheumatoid arthritis – can be associated with TMD, the most common causes are often less dramatic.

BY SHAWN VANDERBROOK



MANDIBLE

One of the most frequent actions that cause jaw pain? Muscles.

Overusing your jaw through clenching or grinding teeth (whether through stress or during sleep – known as Bruxism) puts pressure on the joint. This can lead to wear and tear on the joint, referred to as osteoarthritis.

Many of us grind our teeth inadvertently when feeling stressed. Not only can this cause osteoarthritis, but it can develop into extreme dental pain (and expense) when wearing down the teeth. Your joint pain could be a result of a dental infection, too. We all have different levels of pain threshold. So it is best to get yourself checked out.

You may have suffered a joint injury and not recovered properly after a traumatic facial injury or not fully healed after surgery. Your TMD joint may have changed post-surgery to allow too much flexibility (known as hypermobility) or too little movement (known as hypomobility).

You could have developed malocclusion, where you have an uneven bite. This usually stems from dental surgery for new fillings and dental crowns. If you've recently started using new dentures, then this could also be your cause of malocclusion.

We also need to take your lifestyle into account. For instance, do you sit for long stretches at your desk without a break? Are you sitting properly during this time? When you sit in a slouched position, your upper and lower back are rounded and your shoulder blades roll forward away from each other. In addition, your head juts forward.

As a result, slouching, rounded shoulders and forward head position place uneven and abnormal pressure on the jaw since the muscles that attach to the jaw are not working together evenly, which then causes irritation of the jaw joints.

In turn, this irritation of the jaw and its joints causes inflammation around the jaw, which then leads to muscle spasm and cramping, as well as pain and popping at the attachment of the jaw. Oftentimes, headaches located in the back of the head also accompany the jaw pain as well.

CAN I DO ANYTHING TO RELIEVE THE PAIN AT HOME?

Regardless of what is causing your jaw pain, there's an imbalance in your muscles. You can help yourself by undertaking a few home remedies to help alleviate your pain in the short term.

Try to avoid chewing excess gum and don't put duress on your joint with tough foods. Opt for softer meals and try to avoid opening your jaw wide until any pain settles. If the pain lingers, gently massage the muscles that surround the joint. This can help to relax the tension and relieve stress.

Also try not to clench your teeth for extended periods of time and don't rest your chin on your hand. If you do any of these things and the pain builds, then you can try applying a heat pack to relax the muscles. If you are struggling with swelling (it can happen), then a cold compress can reduce your pain.

WHAT IS MY BEST LONG-TERM SOLUTION?

Check your symptoms against the following factors. If any of these apply, then get in touch with your physical therapist.

- Tenderness and painful sensation when eating, chewing, talking, or yawning, especially if that pain is located by or in your ear, or across your face or neck.
- Pain when opening your jaw, or experiencing restricted movement and a feeling that your jaw is 'stuck.' You may also hear uncomfortable clicking, popping, or grinding noises when chewing.
- Pain in your teeth and gums due to excessive grinding of the jaw, which can lead into difficulty sleeping and maintaining weight.
- Side effects of jaw pain such as headaches, tinnitus (white noise in your ear), ear ache, neck pain, shoulder pain, and a blocked feeling in your ear. You don't have to put up with pain or side effects as your new normal. People often try to adapt to pain as a constant in their life when they feel nothing can be done about it.

Physical therapy is your most effective treatment procedure for regaining normality. Your therapist can offer exercises and lifestyle adjustments to help alleviate your symptoms and get you back to life.



Shawn VanderBrook, PT, DPT, OCS is on staff at Cardin and Miller Physical Therapy. He received his bachelor's degree in exercise science at Slippery Rock University and his doctorate in physical therapy at Slippery Rock University. Shawn enjoys treating a variety of orthopedic and musculoskeletal conditions. He completed an orthopedic residency program at St. Francis University and is now an Orthopedic Certified Specialist. While at St. Francis, he worked with a variety of Division I athletes and community members, and gained useful experience rehabbing complicated surgeries, sports injuries, overuse injuries, and concussed athletes under the St. Francis concussion protocol. He has also received intensive training on treating complex foot and ankle injuries and to also manage and modify custom orthotics. You can contact him at svanderbrook@cardinmillerpt.com or go to their website for more information at www.cardinmillerpt.com.

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

| INDUSTRIAL | CITY | PAGE |
|-----------------------------------|----------------|------|
| 140-148 Ole Lane | Grantville | 25 |
| 40 Landings Drive | Annville | 25 |
| 325 W. Allen Street | Mechanicsburg | 25 |
| NEW 5060 Ritter Road | Mechanicsburg | 25 |
| 5610 Derry Street | Harrisburg | 25 |
| LAND | CITY | PAGE |
| Kriner Road | Chambersburg | 26 |
| Eisenhower Boulevard | Harrisburg | 26 |
| 453 Jonestown Road | Jonestown | 26 |
| NEW 940 E. Main Street | Palmyra | 26 |
| NEW 1700 Quentin Road | Lebanon | 26 |
| Route 441 & Orchard Drive | Harrisburg | 26 |
| 7700 Derry Street, Lot #4 | Harrisburg | 27 |
| Hanshue Road | Hummelstown | 27 |
| 730 Limekiln Road | New Cumberland | 27 |
| Eisenhower Blvd & Highspire Road | Harrisburg | 27 |
| Allentown Boulevard | Harrisburg | 27 |
| Kim Acres and Aspen Drive | Mechanicsburg | 27 |
| 1301 & 1345 Eisenhower Boulevard | Harrisburg | 28 |
| Waterford Square | | |
| Carlisle Pike (Route 11) | Mechanicsburg | 28 |
| Cherry Street (Lot #9) & | | |
| Walnut Street | Highspire | 28 |
| Peters Mountain Road & River Road | | |
| Routes 147 & 225 (NWC) | Halifax | 28 |
| 370 W. Main Street | Leola | 28 |
| 755 - 759 Kriner Road | Chambersburg | 28 |
| 700 S. Baltimore Street | Dillsburg | 29 |
| W. Suncrest Drive and Spring Road | Carlisle | 29 |
| I-81 and W. Trindle Road | Carlisle | 29 |
| 7700 Derry Street, Lot #8 | Harrisburg | 29 |
| COMMERCIAL | CITY | PAGE |
| 25 & 33 Carlisle Street | Hanover | 30 |
| 7451 Paxton Street | Harrisburg | 30 |
| 301 N. Enola Road | Enola | 30 |
| NEW 3460 Paxton Street | Harrisburg | 30 |
| 2801 N. Third Street | Harrisburg | 30 |
| 415 Market Street | Harrisburg | 30 |
| 4647 Jonestown Road | Harrisburg | 31 |
| 2221 N. Sixth Street | Harrisburg | 31 |
| 1440 State Street | Camp Hill | 31 |
| 5129 E. Trindle Road | Mechanicsburg | 31 |
| 453 Jonestown Road | Jonestown | 31 |
| 611 N. 12th Street | Lebanon | 31 |

| OFFICE | CITY | PAGE |
|---------------------------|---------------|------|
| 127 Kim Acres Drive | Mechanicsburg | 32 |
| 208 N. Third Street | Harrisburg | 32 |
| 156 Cumberland Parkway | Mechanicsburg | 32 |
| 1801 Oberlin Road | Middletown | 32 |
| 4300 Devonshire Road | Harrisburg | 32 |
| 5275 E. Trindle Road | Mechanicsburg | 32 |
| 30 N. Third Street | Harrisburg | 33 |
| NEW 147 W. Airport Road | Lititz | 33 |
| 3507 Market Street | Camp Hill | 33 |
| 3 Kennedy Street | Lancaster | 33 |
| 3780 Trindle Road | Camp Hill | 33 |
| 1773 W. Trindle Road | Carlisle | 33 |
| 510 N. Front Street | Wormleysburg | 34 |
| 4386 Sturbridge Drive | Harrisburg | 34 |
| 930 Century Drive | Mechanicsburg | 34 |
| 2008 – 2010 Market Street | Camp Hill | 34 |
| 800 N. 3rd Street | Harrisburg | 34 |
| 415 Market Street | Harrisburg | 34 |
| 5006 E. Trindle Road | Mechanicsburg | 35 |
| 1665 Roosevelt Avenue | York | 35 |
| 301 Chestnut Street | Harrisburg | 35 |
| 5010 E. Trindle Road | Mechanicsburg | 35 |
| 1335 N. Front Street | Harrisburg | 35 |
| 2090 Linglestown Road | Harrisburg | 35 |
| 75 E. Derry Road | Hershey | 36 |
| 300 N. 2nd Street | Harrisburg | 36 |
| 30 E. Shady Lane | Enola | 36 |
| 815 Waynesboro Pike | Fairfield | 36 |
| 1029 Mumma Road | Lemoyne | 36 |
| 2451 N. 3rd Street | Harrisburg | 36 |
| 101 N. Pointe Boulevard | Lancaster | 37 |
| 200 S. Progress Avenue | Harrisburg | 37 |
| 500 Colonial Road | Harrisburg | 37 |
| 4823 E. Trindle Road | Mechanicsburg | 37 |
| NEW 28 E. Main Street | New Kingstown | 37 |
| NEW 2120 Fisher Road | Mechanicsburg | 38 |
| NEW 217 State Street | Harrisburg | 38 |
| INVESTMENT | CITY | PAGE |
| 905 E. Chocolate Avenue | Hershey | 38 |
| | | |



INDUSTRIAL LISTINGS





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.



Approximately 2,000 SF office and 3,000 SF warehouse space with visibility from Route 15. The office area consists of private offices, an open working area, break room and conference room. The warehouse has a drive-in door and over 19' of clear height. This flex space lives up to its name - it's very flexible for a variety of users!



40 Landings Drive, Annville

9,720 SF large warehouse could fit a variety of uses sandblasting, vehicle repair, painting and much more. Property features 18'x16' doors (two drive-thru's), a 24.25' clear ceiling height and small office space. Equipment including rotary screw air compressor, media blasting, and pressure washing equipment can be made available.



10,125 SF ideal industrial location in Harrisburg. The warehouse space contains one dock, one drive-in, and 18'+ clear ceiling height. Accessibility to I-83 and other highly traveled corridors. Good space for contractors, small distribution and storage. Please call for additional details and to schedule your tour.



Two-story warehouse in the Borough of Mechanicsburg now available. The property is 1.5+/- acres with a portion of it gated

for a secure storage area.

LAND LISTINGS



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.



940 E. Main Street, Palmyra

High-profile and convenient location along E. Main Street (Route 422). There are several opportunities for retail development. Pad site is approved for a building size around 2,487+/- SF.



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.



1700 Quentin Road, Lebanon

Pad site for lease along Quentin Road in Lebanon next to Mavis Discount Tire. This is a strong retail area with big box stores such as Lowe's Home Improvement, Staples, JOANN Fabrics and Crafts, Tractor Supply Co., Giant Food Stores, CVS and more. The site is approved for a 5,952+/-SF building.



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.



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).





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.



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!



Hanshue Road, Hummelstown

Over 9 acres of land available for sale in Hummelstown. Property is zoned Residential Agriculture, which allows for single-family homes (on 1 acre+ lots), churches and agricultural uses.



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



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.



Kim Acres and Aspen Drive, Mechanicsburg

Over one acre of land in a rapid growth area with a lot of new development. Great for office and professional uses situated just off the PA Route 114/US Route 15 interchange. Area is populated with affluent, upper middle class neighborhoods and is continuing to expand. Perfect location for an all-night diner or small restaurant with Messiah College and Messiah Village being so close to this location. Easy on and off Route 15.

LAND LISTINGS



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.



Peters Mountain Road & River Road, Routes 147 & 225 (NWC), 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.



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.



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.



Cherry Street (Lot #9) & Walnut Street, Highspire

Over 7 acres of land available for sale tucked away in a predominately residential area with quick access to the 76/283 interchange. The property consists of three parcels total and has public utilities located in the adjacent site.



755 - 759 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.





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.



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!**



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.



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



25 & 33 Carlisle Street, Hanover

30,112 SF stunning landmark in the Borough of Hanover available for sale. This former bank building was beautifully constructed with great attention to detail and has been well-maintained throughout its years. The adjacent (and connecting) office building is also included in the sale.



3460 Paxton Street, Harrisburg

Former Planet Fitness and CJ Tires located on heavily traveled Paxton Street, directly across from the Harrisburg Mall. This 12,400 SF building has it all. Large warehouse/storage area with a drive-in door, front office or retail space and sprinklers. Don't miss this opportunity to lease this prime real estate.



7451 Paxton Street, Harrisburg

1,842 SF highly visible, freestanding building available along Route 322 with easy access to Hershey and Harrisburg. Building was recently remodeled and is in good condition. The entire site has also recently been repaved and there are over 75 unmarked spaces available.



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.



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.



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.





2,230 +/- 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.



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.



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.



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.



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.



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



127 Kim Acres Drive, Mechanicsburg

2,550 SF single-story brick office/retail building with an open floorplan, excellent parking, and good access to Route 11/15. The property is well kept and on a corner location.



1801 Oberlin Road, Middletown

Various suites available, 120 – 5,074 SF, in this charming three-story stone structure with professional office tenants. Convenient access to both Harrisburg and Lancaster and easy access to Harrisburg International Airport.



208 N. Third Street, Harrisburg

600 - 4,542 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.



4300 Devonshire Road, Harrisburg

1,000 - 2,600 SF available at great corner location at Devonshire and Colonial Roads. The property is well-maintained and the available space offers a reception/waiting area, offices, and an open area that can be utilized in many configurations and private restrooms.



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.



Corner office suite available which offers functionality and usability. The professional office space features executive sized offices, large conference room(s) lining the perimeter, private in-suite restrooms and two entrances. Space can be left as one large suite or made into two suites; Suite A - 2,318 RSF and Suite B - 4,133 RSF.





30 N. Third Street, Harrisburg

1,449 - 19,665 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.



147 W. Airport Road, Suite 300, Lititz

Exceptionally well-maintained, three-story brick office building with an impressive exterior design. The entire third floor, 8,000 SF, is available, however the landlord is able to subdivide down to about 5,000 SF (utilizing the rest of the space themselves). The suite has a good mix of private offices, workstation areas and conference/ training rooms.



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.



3780 Trindle Road, 2nd Floor, Camp Hill

790 SF centrally located property along Trindle Road with great visibility and excellent access. Second floor suite, above prestigious Mountz Jewelers, features three offices and a reception area. Very well-maintained property.



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.



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



510 N. Front Street, Wormleysburg

Great views of the City Skyline and the Susquehanna River in this move-in ready 2,056 SF office building. Private office/conference room with river views and other private offices are also available. Second floor storage or conference area not included in square footage but could be useful. This office has been well-maintained and kept up to date.



2,555 SF prime office/commercial space in the heart of Camp Hill Borough. This updated, clean space has direct frontage on Market Street and is within walking distance to local restaurants and retail. Renovations to the space included opening the floorplan, adding stylish lighting and kitchen appliances, updating the restroom fixtures (one is handicap accessible), HVAC and roof.



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.



800 N. 3rd Street, Harrisburg

Suites ranging from 200 – 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. Furnished suites available.



930 Century Drive, Suite 102, Mechanicsburg

3,500 SF attractive office suite in recently renovated building. The inside features carpet tiles, neutral colors and an open area allowing for various future configurations. There is good parking and is easily accessible from Route 15.



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. Call about rent promotion details.





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.



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.



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.



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.



468 – 10,918 SF (25,659 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!**



2090 Linglestown Road, Suites 107 & 205, Harrisburg

939 – 1,320 SF available in this attractive class A building located in a populated business area with easy access to Front Street and Routes I-81, I-83 and 322. This professional office space has been nicely finished and comes competitively priced.

OFFICE LISTINGS



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.



815 Waynesboro Pike, Fairfield

2,024 SF freestanding, former financial institution on a corner parcel in the Borough of Carroll Valley. This location offers good exposure and visibility. Two drive-thru lanes are protected by a 400+/- SF canopy.



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.



1029 Mumma Road, 2nd Floor, Lemoyne

3,956 SF attractive office building with 2nd floor office space available for lease. Convenient location along the west shore business corridor with quick access to all major business hubs on both east and west shores. Property has been well-maintained, features modern upgrades and has ample on-site parking.



2,400 SF medical/professional office suite available at fiercely competitive rate in a convenient location. Property has recently been renovated and is well-maintained. Current tenant has out-grown the space and has vacated.



4,186 SF ADA accessible one story building with finished lower level in excellent condition and recently remodeled (carpet, paint and windows). Building offers 13 private offices, waiting/reception area, two conference rooms, break room, three restrooms, and a large training room on the lower level. Located across from the Polyclinic Medical Center. Lower level is usable for office space, meeting, training, or storage.





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.



200 S. Progress Avenue, Harrisburg

Don't miss out on the wonderful opportunity to own prime real estate on this desirable street in Harrisburg. The office, 4,454 SF, is currently being used as a longtime counseling practice but has many different possibilities. The layout is flexible and consists of a waiting area, several private offices and a second floor that could potentially be rented out separately.



2,746 SF building for sale at a corner location in a business campus setting with good exposure/visibility. Signalized intersection with two points of egress (one on each frontage road). Property shows evidence of regular maintenance and upkeep and above average design features (cathedral ceilings and standing seam roof) lend to curb appeal.



4823 E. Trindle Road, Mechanicsburg

1,706 – 3,834 SF professional office space for lease in a highly visible, conveniently located building. Space is available for lease on the first floor and the ground level and these areas can be leased together or separately. There is an expansive lot with abundant on-site parking.



28 E. Main Street, New Kingstown

11,505+/- SF of flex space in Silver Spring Township with General Industrial zoning. Property has had many uses over the years - Harley Davidson bike shop, Tae Kwon Do school, offices and storage. There are many options on this 1.77+/- acre site. There is an income producing tenant as well.

OFFICE LISTINGS



2120 Fisher Road, Mechanicsburg

4,559 SF available in this unique office building with easy access to Route 15 & PA Turnpike. Space is functional with many windows and skylights throughout so that every space gets natural light. The large landscaped lot creates a nice setting. Main floor has credit tenant until September 2023.



217 State Street, Harrisburg

Fantastic investment opportunity on State Street in Harrisburg located steps from the Capitol building. 3,240 SF available in this beautifully renovated property with luxury vinyl floors, updated bathrooms, and two kitchenettes. Perfect property for your commercial or residential needs!



INVESTMENT LISTING



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.

SEETING WAITERS

HARRISBURG COMMERCIAL REAL ESTATE REVIEW/REPORT SEEKING WRITERS

Get the added recognition you deserve by sharing your expertise in one of the Bill Gladstone Group of NAI CIR publications! This includes our monthly Newsletter (Report) and quarterly Magazine (Review).

We are looking for a mix of industry related topics that our list of over 4,000 subscribers will find informative. Topics can include finance, development, architecture, technology, wellness and much more.

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



Bill Gladstone, CCIM, SIOR

1015 Mumma Road Lemoyne, PA 17043 www.naicir.com www.billgladstone.com

PRESORT STANDARD U.S. POSTAGE **PAID** HARRISBURG, PA PERMIT #783













@GladstoneGroup

www.billgladstone.com "Exceeding your commercial real estate goals."



Autumn Addley, front right, is not a licensed REALTOR

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! MICIR