

July 7, 2010

# Gladstone Commercial Corporation Announces Common, Senior Common and Preferred Stock Cash Distributions for July, August and September

MCLEAN, Va., July 7, 2010 (GLOBE NEWSWIRE) -- Gladstone Commercial Corporation (Nasdaq:GOOD) (the "Company") announced today that its board of directors declared the following monthly distributions:

\$0.125 per common share for each of the months of July, August and September of 2010, payable per Table 1 below.

Table 1: Summary of common stock cash distributions for the quarter ending September 30, 2010:

Declared	X Dividend-Date	Record Date	Payment Date	Amount
July 7	July 20	July 22	July 30	\$0.125
July 7	August 19	August 23	August 31	\$0.125
July 7	September 20	September 22	September 30	\$0.125
Total for the Quarter:				\$0.375

\$0.0875 for the Company's Senior Common Stock for each of the months of July, August and September of 2010, payable per Table 2 below.

Table 2: Summary of Senior Common Stock cash distributions for the quarter ending September 30, 2010:

Declared	Record Date	Payment Date	Amount
July 7	July 1	August 6	\$0.0875

July 7	August 1	September 8	\$0.0875
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July 7	September 1	October 7	\$0.0875
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\$0.1614583 for the Company's 7.75% Series A Cumulative Redeemable Preferred Stock for each of the months of July, August and September of 2010. The Series A Preferred Stock trades on the NASDAQ under the symbol "GOODP." Monthly distributions will be payable per Table 3 below.

Table 3: Summary of Series A Preferred Stock cash distributions for the quarter ending September 30, 2010:

Declared	X Dividend-Date	Record Date	Payment Date	Amount
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July 7	July 20	July 22	July 30	\$0.1614583
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July 7	August 19	August 23	August 31	\$0.1614583
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July 7	September 20	September 22	September 30	\$0.1614583
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Total for the Quarter:				\$0.484374
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\$0.15625 for the Company's 7.50% Series B Cumulative Redeemable Preferred Stock for each of the months of July, August and September of 2010. The Series B Preferred Stock trades on the NASDAQ under the symbol "GOODO." Monthly distributions will be payable per Table 4 below.

Table 4: Summary of Series B Preferred Stock cash distributions for the quarter ending September 30, 2010:

Declared	X Dividend-Date	Record Date	Payment Date	Amount
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July 7	July 20	July 22	July 30	\$0.15625
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July 7	August 19	August 23	August 31	\$0.15625
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July 7	September 20	September 22	September 30	\$0.15625
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Total for the Quarter:				\$0.46875
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The Company is a publicly traded real estate investment trust that focuses on investing in and owning triple-net leased industrial and commercial real estate properties and selectively making long-term mortgage loans. The Company's portfolio continues to perform as expected and it does not hold investments in sub-prime or other home mortgages or investments in the housing industry.

The Company offers a dividend reinvestment plan (DRIP) for its common shareholders. For more information regarding this Plan or other information about the Company, please visit [www.gladstonecommercial.com](http://www.gladstonecommercial.com).

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