



### FOR LEASE

#### OFFICE SPACE

98-100 8<sup>th</sup> Street, New Bedford, MA  
1 Room Office Space in Downtown

179 William Street, Unit 9, New Bedford, MA  
500 SF in Historic Downtown

376 Nash Street, New Bedford, MA  
2,000 SF of Office/Retail Space

60 Brigham St., New Bedford, MA  
Medical/General Office Space on 2<sup>nd</sup> Floor

360 Faunce Corner Rd, Dartmouth, MA  
125 - 1,800 SF Retail/Office Space

6 Hathaway Rd, Dartmouth, MA  
Brand New 800 SF Office Space

634 State Rd, Dartmouth, MA  
2,800 SF Retail/Office Space

693 Purchase Street, New Bedford, MA  
6,800 SF 1<sup>st</sup> Floor Corner Office in Downtown

#### RETAIL SPACE

654 State Road, Dartmouth, MA  
900 SF Yoga or Dance Studio w/ Utilities

44 Troy Street, Fall River, MA  
7,500 SF Office Showroom w/ Warehouse

37 Union Street, New Bedford, MA  
Turnkey Restaurant/Bar

211 Pope's Island, New Bedford, MA  
3,932 SF Large End Cap Retail Space

634/C/E/K State Rd, Dartmouth, MA  
1,000-4,916 SF Warehouse/Retail Space

18 Sconticut Neck Rd, Fairhaven, MA  
1,550 + 1,637 SF Retail Space

#### INDUSTRIAL/WAREHOUSE

376 Nash Rd, New Bedford, MA  
Industrial Flex Space – up to 9,000 SF

67-75 David St, New Bedford, MA  
Up to 225,000 SF Ind/Ware Space

17 Kilburn St, New Bedford, MA  
10,000 SF Warehouse Building

79 Brook St, New Bedford, MA  
Up to 38,000 SF of Flex Space Available

**Please contact us directly at  
(508) 990-4280**

**for further information**

**or visit us at**

**[www.CoastalCommercialRE.com](http://www.CoastalCommercialRE.com)**

## Is It Now Time to Sell or Hold Onto Your Commercial Real Estate?

The economy has been chugging along fairly nicely in most areas for several years now. But this then always begs us to ask the question, "When will we experience the next economic downturn?" This isn't a question that we often like to ponder, but at the same time, we'd always like to anticipate what's coming our way.

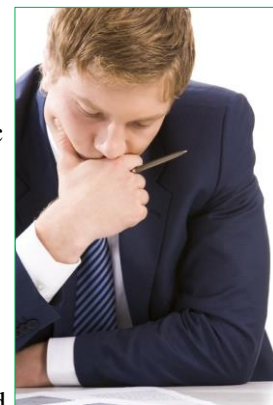
Keeping this in mind with respect to commercial real estate, we can sometimes even notice specific advance warnings of a downturn. For example, when cap rates have been getting lower on investment properties, and they've now plateaued and they haven't been getting lower for a while, this could be a signal that we've hit the market peak. With this in mind, if we look back over the last 40 years or so in commercial real estate investing, once the market has plateaued after prices have been rising for awhile, the next major move will most likely be down rather than up. So then we are left with guessing as to when, exactly, this cycle is going to turn.

Keeping this in mind, the big question then becomes, "Are you going to ride out the next economic downturn no matter what with the properties that you currently own, or do you want to sell one or more properties at or near the peak of the market?" Because if you're planning on holding onto your property and just riding out the next economic downturn, there's no reason to even ask yourself if now is the time to sell, because you've already decided that you're not going to do it. Your game plan will just be to stand pat and hold firm with your existing real estate investments.

But if you're someone who would like to sell one or more of your properties before the next downturn hits, ask yourself, "Would now be a great time to cash in and take my money, or maybe even get into another kind of investment, or do I still think that my property will continue to appreciate even more before this next downturn hits?"

With this in mind, how much lower do you think cap rates will go before this next downturn hits us, and do you think you'll find someone who will ultimately pay you that higher price? In addition, consider that once the lenders begin recognizing that a downturn may be coming, they're more likely to then tighten their lending standards, making it more difficult for your buyers to pay you the price that you really want.

Putting all of this together, if your plan is to remain a long-term holder with your commercial real estate, there's no decision for you to make right now about selling. But if you want to sell at or near the top of the market, you need to be asking yourself, "Should I sell right now, knowing that I'll find a buyer who will pay me great money, or do I feel confident that I'll get an even higher price by waiting?"





## Do you have a *Commercial Real Estate* Question?

Email us and we will answer  
in our next month's newsletter!

[CCRE@nerycorp.com](mailto:CCRE@nerycorp.com)

## Net Absorption

Net Absorption is the net change in occupied space in a given market between the current measurement period and the last measurement period.

Net absorption can be either positive or negative and must include decreases as well as increases in commercial space inventory levels.

## Sold

### Retail

178-180 Robeson St, Fall River, MA \$300,000  
1370 Somerset Ave, Taunton, MA \$240,000  
9 Oesting St, New Bedford, MA \$8,425,000  
211 Broadway, Raynham, MA \$331,290  
25 E Battles St, Brockton, MA \$265,000  
270 Union St, Rockland, MA \$610,000  
151 Samoset St, Plymouth, MA \$1,800,000  
1012 Tiogue Ave #30, Coventry, RI \$92,500  
20 Congress Ave, Providence, RI \$265,000  
944 Chalkstone Ave, Providence, RI \$550,000  
608 Weeden St, Pawtucket, RI \$280,000  
250 Putnam Pike, Smithfield, RI \$345,000  
480 Cass Ave, Woonsocket, RI \$75,000

### Office

120 N Main St, #204, Attleboro, MA \$41,000  
120 N Main St, #206, Attleboro, MA \$77,200  
312 Market St, Rockland, MA \$150,000  
14 Howard St, Rockland, MA \$1,300,000  
469 Centerville Rd #4, Warwick, RI \$100,000

### Multi

4 Burns St, Fall River, MA \$239,000  
186 Hemlock St, New Bedford, MA \$240,000  
3 Lowell St, Taunton, MA \$282,000  
87 Oak St, Taunton, MA \$313,000  
2235 S Main St, Fall River, MA \$110,000  
63 Brigs St, New Bedford, MA \$225,000  
61 State St, New Bedford, MA \$249,000  
430 Warren Ave, Brockton, MA \$381,000  
9 Allerton St, Plymouth, MA \$615,000  
15 Chisholm Ave, Brockton, MA \$315,000  
229 Grafton St, Brockton, MA \$365,000  
564 East Rd, Tiverton, RI \$224,307  
33 Pope St, Providence, RI \$56,000  
167 Baxter St, Pawtucket, RI \$190,000

### Warehouse

400 Manley St, W Bridgewater, MA \$13,100,000  
279 Pleasant St, W Bridgewater, MA \$1,375,000  
405 Nooseneck Hill Rd, Exeter, RI \$1,650,000

### Manufacturing

11 Cabot Blvd, Mansfield, MA \$3,325,000  
100 Duchaine Blvd, New Bedford, MA \$6,150,000  
176 Union Ave, Providence, RI \$175,000

### Agricultural

15 Rodman Ln, N Kingstown, RI \$693,000

## Parenting Tips

While there is no one method to guarantee success in regards to parenting, there are a number of tips that can benefit your child's overall sense of well-being and happiness.



Everyone needs a good dose of self-esteem in order to achieve goals and be successful in their life, and children need to be particularly encouraged to be positive and feel good about themselves.

Self-confidence and self-acceptance are extremely positive for children in regards to facing new challenges and being willing to face up to and correct mistakes.

A lasting impression can be made on young children by the body language, disposition, tenor and tone of their parents, as it is through their eyes that children start to see the world. So avoid harsh criticism and focus on paying attention to your child's words and interests, and pay attention to their strengths.

It is also important to not compare your child to other kids.

All children are unique and special in their own way, and children can be negatively affected by being compared with other children, particularly siblings who may get more positive attention than they do.

Always be neutral and fair, and try not to pick sides with your children.

## Phones and Social Media Tips for Parents

Cell phones and kids can be an uneasy mix, and parents need to keep an eye on the cell phone usage of their offspring.



The fact is that cell phone addiction is real, because a jolt of dopamine is given by checking texts and "likes" received on social media, and kids can get hooked.

Personal relationships can suffer because of social media, and it can cause depression and an inability to cope with stress.

The best tip for parents is to ensure that the cell phone and social media time for your kids is strictly limited. Make sure that cell phones are forbidden from the dining room or kitchen table to guarantee that social media use is off-the-table during family meal times.

Another good idea is to occasionally take a complete break from social media of all sorts, for a day, or for even up to a month.

Social media makes it hard for kids to get a break from their peers, including the pressure of bullying or fitting in, so time and space for thoughtful reflection needs to be maintained.

# Make Google Chrome Use Less Power

More than sixty-two percent of the world's computer users make use of the Google Chrome browser, but it is notorious for using up battery power on tablets and laptops, especially when left on while being unused. Google itself is making an effort to improve the browser, but in the meantime there are ways to get Chrome's battery use controlled without losing any functionality.



One of the simplest but most effective tips is just to keep getting Chrome regularly updated, since the recent versions have already become a lot faster and more efficient than in the past. Type "chrome://help" on your browser's address bar; and the version number you are using will be displayed as well as a link to any updates. You can keep using Chrome while it is being updated; a process that itself does not take very long. Chrome will then reboot itself with the new version, and you don't even have to restart your computer. Another good tip is to not have dozens of tabs open at once. One or two is fine, but twenty or so idle tabs open in your browser will just unnecessarily suck energy right out of your battery.

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## Surprising Facts About Sleep

Despite the critical part that sleep plays in our lives, there is still a great deal about it that is not understood, particularly the consequences involved when people fail to get enough of it. However, some recent discoveries have opened up some important and surprising facts about sleep. While a complete lack of sleep can be fatal, there can be serious consequences even from mild bouts of sleep deprivation. Lack of sleep can result in the immune system going into overdrive, resulting in the body being less capable of fighting off infections, and wounds can heal at a slower rate than is normally the case. Lack of sleep also causes people to become more sensitive in regards to pain, with studies showing sleep-deprived rats being more sensitive to electric shocks, and humans also reporting a greater degree of general and muscle pain when not getting enough sleep.



Sleep is also crucial to our mental health, with memories connected to learning and facts being correlated during our downtime. Brains actually flush out daily toxins during sleep, a recent discovery that could prove vital given the buildup of such toxins that play a role in the development of diseases like Alzheimer's.



**SEEKONK, MA**

*Call Justin at 508-990-4280 for Complete Listing Details*



**4,472 SF Prime  
Route 6 Location!  
\$895,000**

## FOR SALE

NEW BEDFORD, MA



**1,744 SF Mixed Use Building  
\$229,900**

NEW BEDFORD, MA



**1,646 SF Mixed Use Building  
\$229,900**

PORTSMOUTH, RI



**5,379 SF Medical Center Building  
with Lab  
\$499,000**

NEW BEDFORD, MA



**1,309 SF Retail Building  
with Car Lot  
\$350,000**



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## **FOR SALE**

### **NEW BEDFORD, MA**



**5.5 Acres Possible Apartments  
Development  
\$500,000**

### **FALL RIVER, MA**



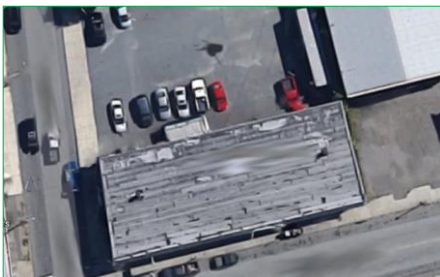
**Approved 26,733 SF Lot for Condos  
w/Garage Overlooking  
Mt Hope Bay  
\$1.5M**

### **TAUNTON, MA**



**2,172 SF Very High Visibility  
Restaurant or ??  
\$599,000**

### **NEW BEDFORD, MA**



**6,520 SF Retail/Commercial  
Building  
\$375,000**

### **NEW BEDFORD, MA**



**3,628 SF Fully Paved  
Commercial Lot  
\$49,000**

### **FAIRHAVEN, MA**



**LAND – 5 Acres – High Traffic  
Light Location, Rt. 240/Rt. 195  
\$995,000**