



A "GOOD NEWS" NEWSLETTER FULL OF FUN AND INTERESTING FACTS FOR YOU

FOR LEASE

OFFICE SPACE

179 William Street, Unit 8/9, New Bedford
500-900 SF in Historic Downtown

376B Nash Road, New Bedford, MA
2,000 SF Office/Retail Space

60 Brigham St., New Bedford, MA
3,656 SF Medical/Gen. Office Space on 2nd Fl

360 Faunce Corner Rd, Dartmouth, MA
125 SF Private Office Suite

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

634K/E State Rd, Dartmouth, MA
1,000 - 2,100 SF Retail/Office Space

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

RETAIL SPACE

558 Mt. Pleasant St., New Bedford, MA
2,140 SF Multi-Purpose Flex Space

67-73 Huttleston Ave, Fairhaven, MA
2,400 SF End Cap Space

511 State Road, Dartmouth, MA
856 SF End Cap Retail/Office 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

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

634 C3/K/E State Rd, Dartmouth, MA
980-2,100 SF Retail/Warehouse Space

12 Sconticut Neck Rd, Fairhaven, MA
1,400 - 1,550 SF Retail Space

INDUSTRIAL/WAREHOUSE

67-75 David St, New Bedford, MA
Up to 175,000 SF Ind/Warehouse 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**

Here's What You Need to Look for in Prospective Tenants

When you're a property owner and you're leasing space to tenants, finding good, reliable tenants is very important. The last thing you want to have happen as an owner is to sign a lease with a new tenant, and then discover that the tenant creates problems, or that they're not paying you their rent.



With this in mind, how you could go about screening the tenant beforehand could vary depending on whether you are renting a home or an apartment unit to someone, or whether you are renting a commercial or an industrial property to a business instead.

When you're renting residential property, you definitely want to run a credit check on the person or the people who want to rent from you, and you'll want to talk to their current landlord to discover what kind of experience they've had while these people have been their tenants. However, one thing you'll need to keep in mind here, and this applies to commercial tenants also, is that if their current landlord hasn't been happy with these people as their tenant, they could tell you a story about the tenant that is better than the actual truth, because they want to get that tenant out of their property. So you'll need to read between the lines in your conversation with the owner to get a sense of what they may not be telling you, and determine whether or not they may be hiding something.

In addition, you'll want to see any recent pay stubs from your prospective residential tenant, and you may want to even verify with their current employer that they're actually still employed. Also, if the prospective tenant owns their own business, you may want to have them show you copies of bank statements to verify that they're making enough money to easily pay you your rent.

When you're renting to businesses, getting their two most recent years of financial statements will be a good idea, in addition to talking to their landlord, and getting their most recent bank statements, too. On top of this, if you think it would be a good idea, consider visiting their current place of business. You may get a sense of something there that will either make you feel like this is really a company that you would want to lease to, or whether instead this may really be a company that's not going in the right direction.

And, if they're an industrial company, visiting their current place of business will give you direct knowledge as to whether or not their type of business is one that will cause excessive wear-and-tear on your building, and potentially create noise and other problems for both the neighbors and other businesses.

So, once you do your homework, and you find out everything that you can about your prospective tenants both financially and otherwise, you'll now have the greatest opportunity for signing leases with new tenants that you'll be absolutely thrilled with.



Do you have a Commercial Real Estate Question?

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

CCRE@nerycorp.com

Build-Out

The space improvements put in place according to the tenant's specifications. It takes into consideration the amount of Tenant Finish Allowance provided for in the lease agreement.

Sold

Retail

10-12 Rockdale Ave, New Bedford, MA \$200,000
193 Central Ave, Seekonk, MA \$230,000
98 Mill St, Newport, RI \$975,000

Office

401 Old Colony Rd, Norton, MA \$260,000
1350 Belmont St, #109, Brockton, MA \$240,000
355 Centerville Rd #355, Warwick, RI \$465,000
1157 N Main St, Providence, RI \$600,000
1150 New London Ave, Cranston, RI \$2,030,000

Manufacturing

473 Washington St, Providence, RI \$5,979
469 Washington St, Providence, RI \$7,096

Land

2 Minot Light Ave, Situate, MA \$235,000
715 Washington St, Pembroke, MA \$350,000
6 Woodbine Ave, Barrington, RI \$439,000

Multi Family

35 Sidney St, New Bedford, MA \$133,035
141 Topham St, New Bedford, MA \$265,000
16 Essex St, Norton, MA \$339,900
21 Rounseville Rd, Rochester, MA \$365,700
21 Cross St, Brockton, MA \$458,000
5 Malta St, Hull, MA \$443,000
63 Oak St, Middleboro, MA \$460,000
52 Comerford St, Providence, RI \$7,222
189 Lagee St, Woonsocket, RI \$140,000
27 Violet St, Providence, RI \$183,250
22 Zone St, Providence, RI \$192,500
14 Palm St, Pawtucket, RI \$248,000
176 Bartlett Ave, Cranston, RI \$148,000
99 Sisson St, Pawtucket, RI \$169,000
28 Rand St, Central Falls, RI \$212,000
278 Gazza Rd, Mapleville, RI \$215,000
74 Pidge Ave, Pawtucket, RI \$296,000
78 Bridge St, Newport, RI \$635,000
74 Ayrault St, Providence, RI \$166,000
16 Alma St, Providence, RI \$172,600
48 Cypress St, Providence, RI \$304,900

Hotel

4380 N Main St, Fall River, MA \$4,750,000

For More Information on Buying or Selling
Your Property, Call Us at (508) 990-4280

How to Have a Happier Family

Everyone wants their family to be a happy one, but it can sometimes be a difficult proposition, given the busy lifestyles and associated stresses of the modern world.



The good news is there are ways to cut down those stresses and ensure quality time for the family to get together and forge closer bonds.

Getting a better balance between home and work is one way to ensure a happier family. Work is not restricted to the 9 to 5 routine in this day and age, and it often finds its way into time that should be for family commitments, making it essential for people to ensure that they do not end up neglecting their other responsibilities.

Parents in a family can often end up looking after everybody but themselves. This can result in stress and feelings of resentment toward loved ones. Having needs and feelings of your own is not a bad thing, nor is it selfish to put yourself first once in a while. In order to be able to look after others, you first need to make sure you are also looking after yourself.

How to Handle Stress

Some forms of stress seem unavoidable in life, particularly in today's busy world, but one of the consequences is anxiety, which can make it difficult to enjoy life. It also interferes with everyday activities if it becomes an ongoing problem. The good news is there are methods to remedy this problem.

Physical activity is highly recommended as a good way to stave off anxiety. Form a routine that entails at least some form of physical activity every day, as exercise is an excellent way to reduce stress. If you are not used to exercising regularly, begin slowly and gradually work your way up to longer and more intense physical exertions. Avoiding drugs and alcohol, both of which can worsen or even actually cause anxiety, is a good idea, as is stopping smoking and cutting back on caffeine drinks. Caffeine and nicotine both can increase the symptoms of anxiety. Make sure you are getting enough sleep, and talk to close friends about what is bothering you. They may be able to provide not just moral support, but a different perspective, and even ideas on how to positively deal with your situation.

Funny Bone: The Silent Treatment

A golfer was assigned a caddy with a reputation for being talkative. Not wanting to have his game constantly interrupted, the golfer instructed the caddy, "Keep quiet except when I ask you something, and then just nod or shake your head." The caddy agreed.

On the 12th hole, the golfer hit a shot out of sight into the woods. After much searching, he found a ball on bare ground near a tree. He asked the caddy, "Should I use a five iron?"

The caddy shook his head, "No".

"Well, a six iron, then?"

Another shake of the head.

"You're wrong," said the golfer. "Give me the six iron—I'll show you." He hit a shot onto the green, then turned to the caddy and said, "How about that? Go ahead—you can talk now."

The caddy replied, "That wasn't your ball."



Online Survival Tips

Many of the more common complaints from consumers in regards to technological devices can be solved by surfing the internet for solutions. Many smartphone users install a number of apps on their device, but some will be rarely or never used as time passes, and, when they are finally removed, users often forget to revoke the access that was given to them.



It is a good idea to revoke access to such apps by signing into either your Google or Facebook account, heading to "Accounts, Sign in & Security" on the former, or "Settings, Apps" on the latter, and follow the prompts to revoke access to apps you no longer need. Something similar can be done for other services such as LinkedIn, Microsoft and Yahoo, by going to those websites' Settings and Security pages.

When people sign up for services or websites, they may not realize they are also signing up for their regular newsletter, and such newsletters can clog up your email account even if you no longer use the services. A good way to unsubscribe from such newsletters in bulk is by going to www.unroll.me and then sign in via your email account. You will be given both a list of all your subscriptions and an easy way to unsubscribe from them.

How to be More Productive

Being productive every day at work is about much more than just having the correct setup and tools at your disposal; it is also about ensuring that you have taken adequate care of your mental and physical wellbeing in and out of the office.



The good news is there are some canny strategies you can employ to increase your productivity, one of which is quite simply to get lots of sleep.

Having a solid night of sleep, somewhere between seven and eight hours, will not only aid you to cope better with change in life and at work, but it will also sharpen your problem-solving and decision-making skills.

The quality of sleep is every bit as important as the quantity, too, so try sticking to a regular pattern, and avoiding substances that can interfere with sleep, such as caffeine and alcohol.

Caffeine can be a good idea at work, however, having a number of benefits including better reaction time and awareness, and even an improvement in mood, memory and learning.

It is also a good idea to take a break every so often, with physical exercise also being recommended to keep you in peak physical and mental health at work.



NEW BEDFORD, MA

Call Mike at 508-990-4280 for Complete Listing Details



**104,000 SF Industrial
Flex Building
\$899,000**

FOR SALE

FALL RIVER, MA



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

NEW BEDFORD, MA



**1,490 SF Two Story Office Building
\$269,900**

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

Coastal Commercial Real Estate
700 Pleasant Street, Suite 330
New Bedford, MA 02740
508-990-4280
www.coastalcommercialre.com



Lori A. Nery
CBR, LMS, GRI, Vice-President



LoriNery@comcast.net
508-736-2387

Michael Volpe



M.Volpe@nerycorp.com
508-990-4280

Mathew Arruda



M.Arruda@nerycorp.com
508-965-8683

Justin Grolley



J.Grolley@nerycorp.com
508-971-7383

Joe Pinto



J.Pinto@nerycorp.com
774-400-9532

FOR SALE

NEW BEDFORD, MA



**2,500 SF Mixed-Use
Professional/Medical Office &
Residential
\$249,000**

PORTSMOUTH, RI



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

MATTAPOISETT, MA



**1,338 SF Auto Repair on
Busy Main Road
\$249,900**

FALL RIVER, MA



**2,458 SF of Mixed Use
Retail/Office/Residential
\$214,900**

NEW BEDFORD, MA



**6,216 SF Auto Repair Building
\$249,900**

NEW BEDFORD, MA



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