



FOR LEASE

OFFICE SPACE

179 William Street, Unit 9, New Bedford, MA
500 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

634 State Rd, Dartmouth, MA
2,100 SF Retail/Office Space

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

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

RETAIL SPACE

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

651 Purchase Street, New Bedford, MA
1,600 SF Downtown Retail or 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

37 Union Street, New Bedford, MA
2,520 SF 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
980-4,500 SF Warehouse/Retail Space

12 & 18 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/Wshp 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

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

**Please contact us directly at (508) 990-4280
for further information or visit us at
www.CoastalCommercialRE.com**

Why Today's Interest Rates Aren't Making Sense

In the early 1980s, we experienced the prime interest rate being above 20%. We were in an economic recession here in the U.S. back then, and people weren't too excited in knowing that if they purchased commercial real estate, they'd be asked to pay more than 20% in annual interest on their loans.

But in looking at today's interest rates, do these rates truly reflect what the real market interest rates should normally be? Over the years we've been told that interest rates should take into account the real level of inflation, and then the lending rates will be somewhere above this level, representing an amount of return above and beyond what the current level of inflation is.

However, in recent years the overall numbers haven't been making nearly as much sense to all of us. While we hear that the inflation rate is low, when we look at how much more we're spending these days on the price of food, and how much the cost of housing has gone up for so many people, there's something about the reported rate of inflation that just isn't making sense. So, when looking at Web sites like ShadowStats.com, a site that reports on how the calculation of our major indices dealing with both inflation and unemployment rates has been changing over the years, we find that today's inflation rate would now be 6% if it were still calculated the way that it was years ago. In addition, today's unemployment rate would be about 22.5% if it were still calculated the way that it was years ago, too.

So, what we're seeing are interest rates that don't make sense based upon the real, underlying numbers as we've known them, representing a subsidy to some people, and an additional expense to others. Keeping this in mind, real estate itself benefits tremendously from these interest rates that have been made artificially lower, as people can now own properties with lower monthly payments, which helps to maximize the upward pressure on today's property values, too. Businesses will benefit from this also, as they can now borrow money at these lower interest rates.

Some of the people who are taking a massive hit, though, are the people with retirement pensions, as the rates of return on their pension plans have been far below what the projections had been because of these lower interest rates. So, this all depends on which side of the subsidy you find yourself on, in terms of whether or not this may be working for you. The good news in commercial real estate, at least for now, is the fact that while The Fed has begun raising interest rates, they've begun doing this very slowly. This is very important, as we don't want to see any major disruptions within our commercial real estate market. So, when taking all of this into consideration, while most of us in business and industry are opposed to government subsidies, if we're going to end up on one side or the other one, we'd most likely rather end up on the one side that benefits us.





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

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

CCRE@nerycorp.com

Escalation Clause

An escalation clause increases the rent on an annual basis. Increases could be based on the Consumer Price Index (CPI), % of the yearly rent, or increases in property taxes, operating expenses, or all of the above.

Sold

Retail

35 Main St, Plymouth, MA \$525,000
228 Robinson St, South Kingstown, RI \$585,000
251 Massasoit Ave, East Providence, RI \$150,000
211 Riverside Dr, Tiverton, RI \$475,000
520 Taunton Ave, East Providence, RI \$1,908,386
166 Wood St, Providence, RI \$290,000
1151 Eddy St, Providence, RI \$195,000
171 Post Rd, Westerly, RI \$960,000
1 Angell Rd, Narragansett, RI \$830,000

Office

1 Merrill's Wharf, New Bedford, MA \$2,000,000
107 Fairhaven Rd #24, Mattapoisett, MA \$235,000
45 Resnik Rd U250, Plymouth, MA \$137,000
1120 Park Ave, Cranston, RI \$210,000

Multi

18 Jenkins St, New Bedford, MA \$205,000
28 Bigelow St, Fall River, MA \$280,000
130-132 Hood St, Fall River, MA \$225,000
22 Salisbury St, New Bedford, MA \$149,000
76 Hillside Ave, Brockton, MA \$316,500
30 Lebanon St, Brockton, MA \$275,000
21 Goddard Rd, Brockton, MA \$403,700
34 Bowdoin St, Providence, RI \$150,000
57 Garden St, Pawtucket, RI \$182,500
108 Sumner Ave, Central Falls, RI \$200,000
60 Felix St, Providence, RI \$215,000
74 Norton St, Pawtucket, RI \$177,000
30 Perry St, Central Falls, RI \$198,000
128 Central Ave, East Providence, RI \$250,000

Warehouse

50 Commerce Way, Norton, MA \$4,015,074
10 Commerce Way, Norton, MA \$5,177,369
15 Commerce Way, Norton, MA \$7,607,557
149 Camelot Dr, Plymouth, MA \$1,200,000

Manufacturing

275 Ferris Ave, Rumford, RI \$650,000
9 Walts Way, Narragansett, RI \$475,000
98 Greenville Ave, Johnston, RI \$240,000

Agricultural

Twin Brook Ln, Coventry, RI \$50,000
114 Hopkins Hollow Rd, Coventry, RI \$86,000
Bulgmarsh Rd, Tiverton, RI \$90,000
35 Frank Ave, South Kingstown, RI \$199,900

How To Beat Jet Lag

Taking a vacation is a great way to unwind and let your hair down, but traveling to foreign countries unfortunately can result in jet lag, which can put a serious downer on your fun. Happily, there are a few tips that can help to beat jet lag and ensure that you enjoy your vacation to the full.



One good tip is to subtly alter your body clock by trying to follow the time zone of the place you are going on vacation to for several days before you take off. This allows your body to gradually adjust to the change so that by the time you head off on vacation, you will have already become used to your new time zone.

Another good tip is to avoid using sleeping pills whenever you can.

Sleeping on planes in cramped seats while being surrounded by people can be a tough challenge, but using sleeping masks, wearing comfortable clothes, and removing your shoes are all better ways to relax and try to catch some sleep...and they're better than taking pills.

Retirement Tips

Many want to enjoy their retirement overseas, and the low cost of living in places such as Thailand and Portugal makes them perfect for that goal.

Intelligent financial planning and smart investment can make it easy to maximize your savings to achieve that goal.



It is important that you get help to plan your finances. Financial advisory services such as Forth Capital are actually specialists in the complicated arena of expatriate finances, and when you have the appropriate qualified financial advisors on hand, they can assist you through every stage of the expatriate retirement process.

For additional information on retiring abroad, AARP can be a good organization to contact, as well as *Kiplinger* and *International Living* magazine. In addition, there are authors who have written books on this subject, too.

While retiring abroad may sound absolutely wonderful, make sure that you do your homework, as making the move will oftentimes require learning a new language, and learning to live without certain comforts that you've come to enjoy right here in the USA.

Tips For Better Interaction With Buyers

B2B customers are empowered with lots and lots of information in today's world, making it important for marketers to be able to provide B2B tech buyers with superior self-discovery options, in addition to customized interactive experiences that tailor to their own personal requirements.



One good tip to help to create that experience and have authentic interaction with B2B customers is to ensure that your website is completely transparent. B2B buyers usually visit your website before taking any other action, so it is crucial to make sure that you are offering content that explains the purpose and the target group for your product, the reason it was made, and the price it can be purchased for. And...what buyers can expect upon purchase, too. Avoid pop-up email forms, login requests, and requests for email and physical addresses from customers, which are practically guaranteed to scare them off.

Another good tip is to respond to all potential prospects. Answer every question posed to you, no matter how trivial it may appear to you, and offer the likes of review copies and free trials. A willingness to engage with customers without the guarantee of financial gain is a form of excellent customer service, which is very reassuring to prospective buyers.

Single Parent Tips

Parents who are raising children on their own have it tough, attempting to juggle family and work responsibilities with little chance for time off. The good news is there are some tips to make life a little bit easier for struggling single parents.



It is important to spend at least some time taking care of yourself, too, as well as your kids. Self-care is vital and many single parents end up suffering from exhaustion because of their lack of breaks, and seemingly endless amount of hard work. In addition, an exhausted and overworked parent is never going to be at their best.

You also need to be able to forgive yourself when you make a mistake as a parent. All parents have bad days, and it is important to shrug off feelings of guilt when everything does not go perfectly.

Having gratitude for the things you have in your life, including your children, will make your life and your individual days easier so rather than focusing on everything you don't have, think about the ways in which your life is going well.



TAUNTON, MA

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



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

FOR SALE

FAIRHAVEN, MA



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

MATTAPOISETT, MA



**1,338 SF Auto Repair on
Busy Main Street
\$275,000**

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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



May 2017

Commercial Real Estate
news and more

U.S POSTAGE
PAID
NEW BEDFORD, MA
PERMIT NO. 118
ZIP CODE 02740

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FOR SALE

SEEKONK, MA



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

NEW BEDFORD, MA



6,216 SF Auto Repair Building
\$259,900

FALL RIVER, MA



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

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

PORTSMOUTH, RI



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