



FOR LEASE

OFFICE SPACE

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

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

634K State Rd, Dartmouth, MA
1,000 SF Retail/Office Space on Rt. 6

RETAIL SPACE

89 County Rd, Mattapoisett, MA
1,338 SF Auto Repair on Busy Main Road

12 Sconticut Neck Rd, Fairhaven, MA
1,400 SF Retail Space at Sconticut Square

73 Reeves St., Fall River, MA
2,309 SF Bank Style Building

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 State Rd, Dartmouth, MA
980-1,000 SF Retail/Warehouse Space

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

INDUSTRIAL/WAREHOUSE

376 Nash Road, New Bedford, MA
Up to 8,000 SF Ind Flex Space on 2nd Floor

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**

Raising Capital for Commercial Real Estate Investments

Many people, when they invest in commercial real estate, think in terms of having to come up with all of the money that's necessary to buy the property on their own. But there's a different approach that's also being utilized, and it's being implemented by some of the most sophisticated commercial real estate investors in the world, as well as by smaller, more entrepreneurial investors, too.



This approach involves raising money from people or entities that have the money to invest, but may lack the detailed understanding of commercial real estate investing, and they're looking for someone who has that expertise to guide them. Pension funds are a perfect example of this approach.

Pension funds can have many millions of dollars that need to be invested, but the people in charge may have very limited knowledge of how to invest it. So, in this situation, the people who run the pension funds will partner with sophisticated investors who have solid experience at investing in commercial real estate, and then these two entities will share in the profits.

As an example, a pension fund might make \$100,000,000 available to invest along with the partners that they have chosen. Then the partners will invest the money and the two entities will then share in the profits, which can sometimes then be divided 50-50. The pension fund has the money, the partners have the expertise to maximize the returns, and then the two of them can often times do very well together.

Now, on a smaller scale, an entrepreneur can raise hundreds of thousands or millions of dollars from investors, find one or more great properties to invest the money in, and then the entrepreneur can share in the returns, sometimes without ever putting any money of their own pocket into the investment. The entrepreneur can then receive a percentage of the ongoing net income from the investments, and/or receive a specific percentage of the profit when the properties are sold.

Typically, the investors putting up the money for these kinds of entrepreneurial investments are people who are generating good money from their own businesses, but they lack the expertise at investing in commercial real estate. Keeping this in mind, doctors are one group of business professionals who can fall into this category, and there are many doctors who have invested in commercial properties in this manner.

So, either way, if you're the person who's got the money to invest, connecting with someone who has commercial real estate expertise could be a great opportunity for both of you. While at the same time, if you're the one with the commercial real estate expertise, finding the people to invest their money through you could be a great and profitable venture for you to pursue.



Do you have a Commercial Real Estate Question?

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

CCRE@nerycorp.com

Contiguous Space

Multiple suites/spaces within the same building which adjoin and which can be combined and rented to a single tenant, or a block of space on multiple adjoining floors in a building.

Sold

Retail

497 Main Rd, Tiverton, RI \$275,000
1480 Mineral Spring Ave, N Providence, RI \$510,000
125 Mason St, Fall River, MA \$290,000
414-430 Rivet St, New Bedford, MA \$650,000
9 Harding St, Lakeville, MA \$500,000
664 Pleasant St, New Bedford, MA \$150,000
168 S Main St, W Bridgewater, MA \$276,000
269 Pembroke St, Kingston, MA \$275,000

Office

368 Old Colony Rd, Norton, MA \$215,000
128 Dorrance St #d, Providence, RI \$95,000

Multi Family

91-93 Barnaby St, Fall River, MA \$130,000
5 Bullard St, New Bedford, MA \$231,500
46 Lane St, Fall River, MA \$285,000
57 Hanover St, Fall River, MA \$305,000
75 Udpke St, Providence, RI \$130,000
97 Althea St, Providence, RI \$136,000
16 Barnes St, Pawtucket, RI \$183,000
414 Killingly St, Providence, RI \$338,000
152 Regent Ave, Providence, RI \$180,000
314 Pawtucket Ave, Pawtucket, RI \$234,000
126 Knight St, Providence, RI \$351,000

Warehouse

150 Bolton St, New Bedford, MA \$320,000

Industrial

47 Cedar Swamp Rd #11, Smithfield, RI \$220,000

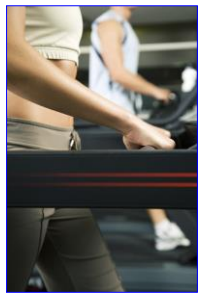
**For More Information on Buying
or Selling Your Property,
Call Us at (508) 990-4280**

Exercise and Motivation

Everyone wants to be healthier, but finding the inspiration and motivation to exercise more often can be a challenge. However, it can be made a lot easier to find the inspiration and motivation you will need for such an endeavor, just by following a few helpful pieces of advice.

People who do their exercise in the morning are much more likely to stick to it, as they are much less likely to be distracted by both other concerns and people, so one method to stay inspired and motivated is to become an early riser. Even if that sounds like a lot of hard work, tiny incremental alterations to the time in which you go to bed and get up are usually sufficient to get some exercise squeezed in before beginning the rest of your day.

Another good way if at all possible is to get a friend to join you in your exercise efforts. Having someone else get involved makes you more accountable and less likely to give up just because you "don't feel like it" on any particular day.



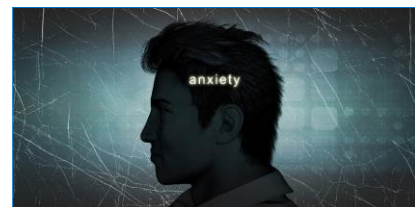
How to Avoid Over-Packing

Meticulous planning and patience are two of the perquisites for successful travel, and that often seems to translate into bringing quite a lot of luggage with you. This can be tiring and limiting, especially for those who will be regularly changing trains and/or planes, and no one wants to be carrying around more than they really need.

The key is to make use of tips that help you to get away with packing a lot less. Pairing-up complete outfits that you will be able to wear while away is a great way to lighten the load, avoiding the scenario of having more trousers than shirts, while enabling the picking and mixing of different items of clothing. Making use of packing cubes is another good piece of advice. Packing cubes can be used to pair similar items together, save space by condensing items down, and generally help you be better organized. Shoes can be a problem for a lot of travelers, and the best way to avoid the need to over-pack too many different kinds of shoes is to just choose a couple of simple pairs that will go with any of your outfits.

How to Beat Anxiety and Stress

The rise of mental illnesses, including anxiety and depression, has become a major public health issue. While serious depression requires medical assistance, there are ways in which people can deal with depression and anxiety.



One good tip is to distract you from the things that are making you feel anxious and depressed. Try leaving the place which is contributing to your negative feelings, at least for a while, perhaps by going for a walk. Alternatively, you can distract yourself with amusing videos on the web, or partake in other hobbies and activities that can help you to calm down.

It is also a good idea to try and work out precisely what is causing you to feel anxious, depressed, or scared. Once you know what is behind these feelings, you can then come up with a plan to try to tackle the real problem.

Try and get enough sleep, which is vital for your health and wellbeing. Day-to-day anxieties and fears can also be alleviated with the use of music, meditation, and yoga.

How to Digitally Declutter

Computer users concerned about privacy, inundated with spam, or just running out of room can make use of a few technology tips to help them declutter and stay on top of such worries.

For those concerned about storage space, there are a number of free tools that can be of assistance. Windows has a built-in tool called

Disk Cleanup that can find and remove unnecessary files, and it is also easy to locate via the Start menu. There is a similar feature in the Mac OS Sierra, though this is trickier to locate; users need to open System Information, then the Windows menu, and then choose 'select management' to view clear-out and space saving options. People can also free up space manually by streaming podcasts and music instead of downloading them, and then clearing the Safari cache afterwards.

Old files that seem innocuous enough can actually take up an enormous amount of space, such as forgotten large downloads and unnecessary backups. Such files are unique to individual users, meaning they will not be found by standard cleanup tools, but WinDirStat (for Windows users) and Disk Inventory X (for Mac users) can create a visual map or "by size" list that displays file and folder sizes, allowing you to instantly see which files are taking up the most space.



Outdated Nutrition Tips

Information can change over time, but many people cling onto old advice or beliefs about nutrition that really no longer apply, simply because they are unaware that the thinking has since changed.



Egg yolks are an example of this. Eating all of the egg, including the yolk, brings with it many inherent benefits, as many of an egg's nutrients are found in the yolk. In addition, eating the yolk often makes meals more enjoyable and flavorful. Those who must avoid egg yolks might consider making an omelet with egg whites with other ingredients to add more flavor while still getting some of the egg's benefits.

Many people also still think they need to completely avoid butter, in spite of mono and polyunsaturated fat now being regarded as being far more of a worry than saturated fat. A small amount of fat never hurt anybody and it can help to make you satisfied, so a bit of butter on a slice of bread or used in cooking, is nothing to be overly concerned about.

Despite popular belief, there is little difference in the nutritional value of white meat and dark meat. Dark meat lovers should take off the skin, which is full of saturated fats, but otherwise they can enjoy their preferred meat without worry.



NEW BEDFORD, MA

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



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with 17,000 SF Freezer!
\$2.6M**

FOR SALE

NEW BEDFORD, MA



**1,260 SF Retail/Office Building
\$184,900**

MATTAPOISETT, MA



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

NEW BEDFORD, MA



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

FALL RIVER, MA



**2,309 SF of Former Bank Building
\$499,000**

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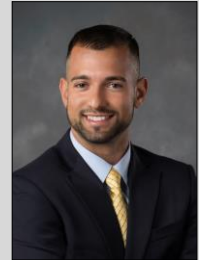
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FOR SALE

FALL RIVER, MA



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

NEW BEDFORD, MA



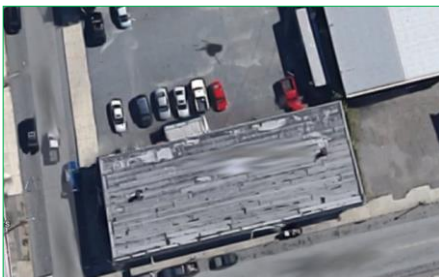
5.5 Acres Abuts
Industrial Park
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6,216 SF Auto Repair
Building
\$199,900

NEW BEDFORD, MA



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

FALL RIVER, MA



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

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104,000 SF Industrial
Flex Building
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