



FOR LEASE

OFFICE SPACE

179 William St, New Bedford, MA
Two 400 SF Offices in Historic New Bedford

4-18 S. Water St, New Bedford, MA
1,500 SF on 2nd Floor of Downtown Building

154 Faunce Corner Road, Dartmouth, MA
1,280 SF Office/Retail Space

81 County Road, Mattapoisett, MA
1,278-1,617 SF Units in Seaside Community

78 Faunce Corner Road, Dartmouth, MA
3 Room Medical Office

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

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

RETAIL SPACE

511 State Road, Dartmouth, MA
856 SF End Cap Space in St. Anne's Plaza

81 County Road, Mattapoisett, MA
1,278-1,617 SF Units in Seaside Community

331-337 State Road, Dartmouth, MA
3,000 SF Retail Space

2-17 Sarah's Way, Fairhaven, MA
2,000-5,240 SF Restaurant & Retail Space

161 Pope's Island, New Bedford, MA
10,183 SF High Profile Waterfront Property

154 Faunce Corner Road, Dartmouth, MA
1,280 SF Retail/Office Space

12 & 14 Sconticut Neck Road, Fairhaven, MA
1,400 SF Retail Space at Sconticut Square

73 Reeves St., Fall River, MA
2,309 SF Office Building w/Parking

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 Road, Dartmouth, MA
980 – 1,000 SF Retail/Warehouse Garage

INDUSTRIAL/WAREHOUSE

232-236 Huttleston Ave, Fairhaven, MA
One 1,200 SF Industrial Garage Space

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

What Does Your Negotiating Style Reveal About You?

Everyone has their own negotiating style, but what does your own style of negotiating really reveal about you?

In addition, what can someone else's negotiating style reveal to you about them, too, and can their style give you some clues as to whether or not you'd even want to do business with them?



Ideally, you want to be someone who is both firm and fair in your negotiating style. If you really wanted to, you could be someone who communicates that they really want to get every single dime out of the other person, without any care or respect for them. But is this really the message that you want to be sending out to other people about you? With this in mind, we've all encountered people like this, and they normally don't leave a very good impression with us. In fact, they often make us feel like we never, ever, want to do business with them again.

In addition, you don't want to be someone who reneges on your word during your negotiations either. When you agree to do something, stick with it, because it's the honorable thing to do. When you're in negotiations, and then the other person changes their mind about what they already told you was acceptable to them, this again will give you a bad feeling about the person. So just know that if you choose to do this yourself when you're negotiating, people will be feeling the exact same way about you.

Bring integrity into your negotiations, because if this is what you truly stand for, you'll be communicating this to your people, and they'll respect you for it. In addition, they'll be telling others about these fine qualities that you've been exuding towards them, too.

Then when you're looking out for your own best interests when you're negotiating, you ideally want to be flexible, and understand the areas that you can give and take within between both you and the specific individual who you're negotiating with. With this in mind, sometimes negotiating can feel like it's two bulls circling around each other, looking to find the opportunity, and when you can both give and take, you then create the best opportunity for the two of you to feel that you've both gotten what you really wanted out of the negotiations. Because when you play hardball and you're not willing to give anything to the other side, people will oftentimes just walk away.

So, stand for what you believe in, and look for the areas that you can be flexible in when you're negotiating with people.

When you do this, not only will people respect you for how you're treating them, but you'll be far more likely to close a greater number of transactions when you're negotiating with people, too.



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

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

CCRE@nerycorp.com

Return on Investment

Return on Investment (ROI) is a performance measure. It is used to evaluate the efficiency an investment or property, or to compare the efficiency of a number of different properties. ROI measures the amount of return on an investment, relative to an investment's cost.

Sold

Retail

428 S Main St, Fall River, MA \$105,000
114 Long Pond Rd, Plymouth, MA \$1,750,000
1185 Stafford Rd, Tiverton, RI \$1,875,318
50 S of Commons Rd, Little Compton, RI \$900,000
198 Thames St, Bristol, RI \$635,000
47 Summer St, Manville, RI \$365,000
1173-1175 N Main St, Providence, RI \$260,000
1289 Cranston St, Cranston, RI \$223,000
1639 Post Rd, Warwick, RI \$160,000
315 Waterman Ave, E Providence, RI \$3,000

Office

15 Roche Brothers Way, Easton, MA \$18,332,000
31 Roche Brothers Way, Easton, MA \$15,568,000
699 Fall River Ave, Seekonk, MA \$389,000
35 High St, Norwell, MA \$750,000
1635 Mineral Spring Ave, N Providence, RI \$1,800,000
3296 Post Rd, Warwick, RI \$369,000

Multi Units

855 Temple St, Whitman, MA \$7,000,000
29 Goddard Rd, Brockton, MA \$610,000
40 Falmouth Ave, Brockton, MA \$520,000
35-51 Thackeray St, Providence, RI \$1,080,000
51 Franklin St, Providence, RI \$395,000
207-209 Douglas Ave, Providence, RI \$250,000

Industrial

650 Mt Pleasant St, New Bedford, MA \$350,000
200 Kenneth Welch Dr, Lakeville, MA \$3,000,000
208 Wareham St, Middleboro, MA \$750,000
8 Court Dr, Lincoln, RI \$1,162,500
14 Mechanics Ave, Providence, RI \$825,000
31 Atwood St, Providence, RI \$265,000
440 Dry Bridge Rd, N Kingstown, RI \$160,000

Land

0 Crescent St, W Bridgewater, MA \$650,000
147-155 Nantasket Ave, Hull, MA \$375,000
Larkspur Rd, E Greenwich, RI \$840,000
986 Post Rd, Warwick, RI \$50,000

Heath Care

18 8th St, Providence, RI \$495,000

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

Improving Study Habits

Efficient learning and revising depends on the development of good work habits and sticking to simple practical rules such as taking notes, finding the best environment in which to work, and taking walks for the purpose of boosting creativity.



Breaks are an important part of the studying routine also, as time spent working does not always equal time spent being productive. Quality breaks can, in fact, be a useful tool to help students make the most out of revision effectiveness, with constant studying often being counterproductive, as many people reach a point where they are simply unable to continue to absorb new information.

New research suggests that one of the best methods to learn something is to pretend that you are teaching it to others.

Students facing exams should write a "to do" list that splits tasks between those requiring immediate attention and more mundane ones that can wait, as well as work out the strengths and weaknesses of their individual study and revision styles, in order to find and then overcome any problems that may be preventing efficient learning.

Diet and Parkinson's Disease

Parkinson's disease is a complicated neurological condition that comes with a variety of mental and physical symptoms that can be experienced in different ways by different people.



Although no specific diet is capable of treating the disease or the symptoms, such as anxiety, hallucinations, sleep disturbances, slowness of movement, depression, and stiffness and shaking, a diet that is nutritious, healthy, and well balanced can cause an improvement in general wellbeing, and timing meals can also benefit those on certain medications.

Many people who have Parkinson's disease also have low blood pressure, so it is important to eat small meals on a frequent basis, and to stay well hydrated by drinking plenty of water. Good hydration can also assist to ease another side effect of the condition, cramping.

Sufferers should also consume more vegetables than they do fruit, although several portions of both should still be eaten every day. Make use of different cooking methods such as stir-frying or steaming to preserve the antioxidant content, and use as many varieties as you can, choosing organic whenever possible. Sufferers should also avoid refined and white carbohydrates and keep sugar consumption to a bare minimum.

FOR LEASE

**1,500 SF Office Space
Water Street – 2nd Floor
Downtown New Bedford**



Call Richard at 508-990-4280 for Complete Details

Safe YouTube Viewing for Kids

The online video world can be overwhelming for children, and more than a little confusing for parents, too. The web is full of child-friendly fun such as games, entertaining animal videos and homework assistance, but there are also many videos and websites children should not be accessing. The good news is there are ways parents can be sure their kids are viewing only safe sites, and one good tip is to limit your child's access to only video creators that you know you can trust.



There are many well-known brands for children on YouTube, though it can be challenging to find new ones. The best way to go about this is to search for videos on the platform while in "restricted mode", which can help to introduce exciting new channels to your family while screening out potentially inappropriate results. Subscribing to trusted channels allows kids to easily scroll through many safe videos, while you will also receive email alerts for new additions. Enabling restricted mode will mean children are protected from both bullying and other undesirable interactions by removing posted comments from other people below the videos.

High Visibility Leasing Opportunities

Coastal Realty Commercial Real Estate currently has several leasing opportunities in high visibility locations. Call us today for full details – they won't stay available for long.



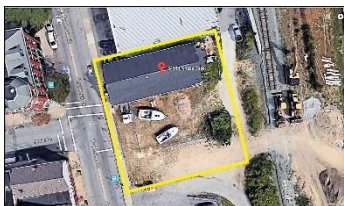
2-17 Sarah's Way, Fairhaven, MA 3 Retail Spaces • 2,000 – 2,640 SF

Join high-volume CVS, Friendly's and Pet Depot 2,000 SF & 2,640 SF endcaps available Large pylon opportunity on new sign (part of a recent \$1M renovation for the shopping center) Well-positioned on Route 6 at the major signalized intersection, allowing for great access and exposure with almost 20,000 vehicles per day.



331-337 State Road, Dartmouth, MA 3,000 SF Unit in 10 Unit Mall

Prominent in-line position in an extremely busy and well-known State Road retail plaza. Located on high traffic portion of State Road, across the street from the Dartmouth Mall. Excellent signage on both Route 6 and Westport Road.



NEW BEDFORD, MA



**3,420 SF Building
w/8,674 SF Adjacent Lot
\$239,000**

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

FOR SALE

NORTH DARTMOUTH, MA



**1,080 SF Office Condo Unit
\$149,000**

TAUNTON, MA



**1,944 SF Warehouse w/1,824 SF Apt
\$329,000**

NEW BEDFORD, MA



**2 Acre Corner Lot at Entrance of NBBP
\$200,000**

NEW BEDFORD, MA



**1,490 SF Two Story Office Building
\$255,000**

NEW BEDFORD, MA



**64,678 SF Commercial Flex Building
\$1.1M**

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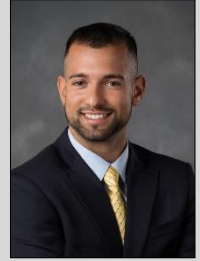
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FOR SALE

FALL RIVER, MA



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

FALL RIVER, MA



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

NEW BEDFORD, MA



**2,880 SF Medical Office
w/2 Apartments Near Hospital
\$349,900**

NEW BEDFORD, MA



**7,200 SF Building
w/Garages – Inside Parking
\$375,000**

NEW BEDFORD, MA



**4,000 SF Building
Rest/Bar/Full Liquor License
\$449,900**

NEW BEDFORD, MA



**2,162 SF Office Building
on High Traffic Road
\$199,900**