



## FOR LEASE

### OFFICE SPACE

123 Rockdale Avenue, New Bedford  
3,536 SF Commercial Freestanding Building

4-18 S. Water Street, New Bedford, MA  
1,312 SF on 2<sup>nd</sup> Floor in Historic District

60 Brigham Street, New Bedford, MA  
3,656 SF Medical/Gen. Office Space on 2<sup>nd</sup> Fl

### RETAIL SPACE

178 Huttleston Avenue, Fairhaven, MA  
4,085 SF Highly Visible Building on Busy Rt 6

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

32 Sconticut Neck Road, Fairhaven, MA  
1,314 SF Retail Space at Sconticut Square

331-337 State Road, Dartmouth, MA  
3,000 SF Retail Space in Mall w/10 Units

Sarah's Way, Fairhaven, MA  
2,000-3,622 SF 3 Retail Spaces in CVS Plaza

161 Pope's Island, New Bedford, MA  
10,183 SF in Waterfront District

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

123 Rockdale Avenue, New Bedford  
3,536 SF Commercial Freestanding Building

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

### INDUSTRIAL/WAREHOUSE

161 Pope's Island, New Bedford, MA  
10,183 SF in Waterfront District

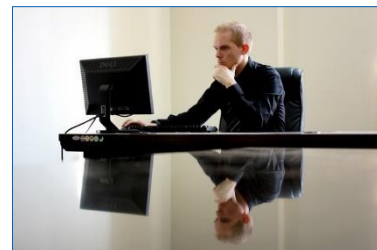
376 Nash Road, New Bedford, MA  
Up to 8,000 SF Ind Flex Space on 2<sup>nd</sup> Floor

**Contact us directly at  
(508) 990-4280  
for further information  
or visit**

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

## How the Real Rate of Inflation is Impacting Your Commercial Property Rents

If you've been paying attention to the official, reported rate of inflation, you've probably noticed something very strange going on. How is it that when we go to the supermarket to buy food, the prices have risen dramatically within recent years, and yet the reported rate of inflation is just a miniscule 2.4%? Then when you look at things like the cost of housing, the cost of energy, and the cost of many other items that we all purchase on a regular basis, those prices have been rising considerably, too.



What's been happening is that the government has been changing both the items utilized when calculating the inflation rate, and changing the weighting of those items within the overall calculation of the index, too. While we may be feeling the pinch financially whenever we're buying the items that we consume within our day-to-day lives, those items may not be given the exact consideration that many of us believe they should be when the cost-of-living index is calculated.

With this in mind, The Chapwood Index was created, and it shows us what the real rate of inflation would be when utilizing the prices of 500 items that people are likely to consume in their day-to-day lives. In addition, when this has been done, the results are shocking. The index shows us that in many major U.S. cities, the real annual rate of inflation has been between 9% and 12%, depending on the city. You can see these results by visiting [ChapwoodIndex.com](http://ChapwoodIndex.com).

What this means for leases that have cost-of-living adjustments in them is that the tenants will be paying less rent than would normally be called for when the cost-of-living adjustments are made, and the owners will be receiving less rent than would normally be reflected if the true cost-of-living adjustments had been made. In addition, this holds down the upward adjustments in both government employees' pay, and in people's pensions, too. So, what we are looking at here is a massive transfer of money from certain sectors of the economy to others.

If you're a landlord signing leases with cost-of-living adjustments in them, what can you do? You're not likely to get your tenants to sign leases with rent increases tied to the Chapwood Index! Your only other course of action might be to have rent increases of specific amounts or percentages within your leases, with these amounts then being higher than the officially reported rate of inflation. But then again, you'll need to get the tenant to go along with this.

On the other hand, if you're a tenant who has cost-of-living adjustments specified within your lease, recognize that you are getting a very nice subsidy.



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

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

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

## Adaptive Reuse

A building converted to a different use in order to meet current demand. Examples include a factory converted to retail use or an office building converted to a school.

## Sold

### Retail

175 Dean St, Taunton, MA \$3,330,000  
44 Norfolk Ave, Easton, MA \$1,900  
9 Cape Rd, Taunton, MA \$875,000  
23 Pope's Island, New Bedford, MA \$1,950,000  
66 Valley Rd, Middletown, RI \$1,650,000  
3681 Quaker Ln, N Kingstown, RI \$500,000  
908 Oaklawn Ave, Cranston, RI \$500,000  
2120 Diamond Hill Rd, Woonsocket, RI \$415,000  
2-4 S Main St, Woonsocket, RI \$375,000  
830 Oakland Beach Ave, Warwick, RI \$251,000  
1634 Elmwood Ave, Cranston, RI \$249,000  
891 Eddie Dowling Hwy, N Smithfield, RI \$200,000  
444 Bullocks Point Ave, Riverside, RI \$120,000

### Office

51 State Rd, Dartmouth, MA \$8,500,000  
64 Winthrop St, Taunton, MA \$1,600,000  
140 Nauset St, New Bedford, MA \$499,000  
30 N Water St, New Bedford, MA \$350,000  
78 Faunce Corner Rd, 560-2<sup>nd</sup> Fl, Dartmouth, MA \$150,000  
78 Faunce Corner Rd, Dartmouth, MA \$146,000  
10 N Peral St, Brockton, MA \$650,000  
2814 Post Rd, Warwick, RI \$3,325,000  
1130 Ten Rod Rd, F203, 205/1<sup>st</sup> Fl, N Kingstown, RI \$195,000  
222 Warren Ave, E Providence, RI \$183,000  
1445 Wampanoag Trl 1/Ground, E Providence, RI \$135,000  
1022 Charles St, N Providence, RI \$113,000

### Industrial

1133 County St, Taunton, MA \$14,050,000  
46 Commerce Way, Norton, MA \$5,650,000  
245 Bridge St, Fairhaven, MA \$1,835,000  
527 Pleasant St, Attleboro, MA \$1,050,000  
561 Newport Ave, Attleboro, MA \$500,000  
1058 Pleasant St, Fall River, MA \$443,000  
78 Homan St, Attleboro, MA \$199,500  
525 Campanelli Industrial Dr, Brockton, MA \$15,500,000  
19 Leona Dr, Middleboro, MA \$9,500,000  
139 Campanelli Industrial Dr, Brockton, MA \$7,400,000  
1010 W Chestnut St, Brockton, MA \$6,500,000  
555 Jefferson Blvd, Warwick, RI \$5,600,000  
25 Slater Rd, Cranston, RI \$1,750,000  
10 Ross Simons Dr, Cranston, RI \$1,225,000  
435 Douglas Pike, Smithfield, RI \$1,000,000  
2077 Elmwood Ave, Warwick, RI \$375,000

### Multi Unit

9 Magnolia St, Attleboro, MA \$1,130,000  
21 Goddard Rd, Brockton, MA \$610,000  
49 Marden St, Cranston, RI \$670,000  
107 Mineral Spring Ave, Pawtucket, RI \$330,000  
120 Main St, Warren, RI \$235,000  
35 Cowden St, Central Falls, RI \$110,000

### Land

5501 S County Trl, Charlestown, RI \$285,000

## Beating Creative Blocks

Being able to think creatively is vital for many industries, whether you are trying to conceptualize the appearance of a space or write content for a presentation pitch. Sixty percent of company CEOs believe that the quality that is most important for successful leadership is creativity, according to an IBM poll.



Innovation is not always easy, however, and when a creative block hits, how can it be beaten? One thing that can be helpful is to simply get up from your desk. Being deskbound for hours can really stifle your inspiration, so go for a walk around your building, or take a coffee break outside the office. This changes your environment and can get the creative juices flowing again.

Visualizing your thoughts can also help to break through a creative block. Illustrate or write out your thoughts on a piece of paper, as doodling can help to inspire fresh ideas.

Alternatively, use a Dictaphone or your phone's voice recording app to record your thoughts, making it easier to go back later and cherry pick your best ideas.

## High Visibility Leasing Opportunities

Coastal Realty Commercial Real Estate currently has several leasing opportunities in high visibility locations. Call us today for full details!

### 2-17 Sarah's Way, Fairhaven, MA 3 Retail Spaces • 2,000 – 3,622 SF

Join high-volume CVS and Pet Depot 2,000 SF & 3,622 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 a 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.



### FOR SALE

**State-of-the-Art 17,000 SF  
Cold Storage Warehouse  
\$2.1M**



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



## Fussy Eaters

Many parents can become frustrated when their children are “fussy eaters” who often refuse to eat food that is healthy, or in some cases, any and all kinds of food. Most toddlers have a phase where they avoid certain foods, which can change on a daily basis, and makes mealtimes a tricky endeavor.



However, most children will learn to accept new foods with repeated exposure over time, and with no pressure, according to research.

One good tip is for the parents themselves to change their perception of their child’s “fussy” eating habits. Preschoolers are already developing independence, preferring to feed themselves and having their own opinions, and parents can often label this as them being a “fussy eater,” instead of simply seeing it as being entirely normal behavior on a developmental level. The focus should be on the promotion of a healthy relationship between your children and food, rather than simply getting them to comply with parental requests. When offering your child new foods, it is important to eat those same foods in their presence. Research shows that children are more likely to eat fruits and vegetables, and even “disliked” vegetables such as sprouts, if they see their parents regularly doing so.

## Maintaining Kidney Health

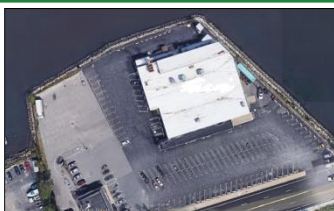
Kidneys act as the body’s regulator for minerals, toxins, and water, and the body is unable to keep a healthy metabolism when something hinders those functions. However, there are a number of things you can do to ensure your kidneys stay healthy.



High blood pressure is by far the most common reason for the development of kidney disease. 120/80 is considered normal blood pressure, and anything higher than 140/90 is cause for concern. Find ways to lower your blood pressure by consulting with your doctor, and continue to monitor your situation.

Smoking carries with it zero health benefits, and increases the likelihood of developing kidney cancer by as much as 50 percent. Smoking also slows down blood flow to the kidneys, which can impair their function; so this is another reason why you should stop smoking.

Using medications like ibuprofen for chronic pain over a long period of time can cause kidney damage, too. So, talk to your doctor about pain management methods that will not risk the health of your kidneys.



**23 Pope's Island  
New Bedford, MA**

**SOLD**

**on 10/26/18**

- 23,000+ SF / 2 Acres
- Waterfront Property
- Formerly Fairhaven Hardware

## FOR SALE

**NEW BEDFORD, MA**



**2,960 SF Classic New England Church  
\$189,000**

**NEW BEDFORD, MA**



**7-Stall Garage w/1,597 SF 4 BD Cape  
\$264,900**

**NEW BEDFORD, MA**



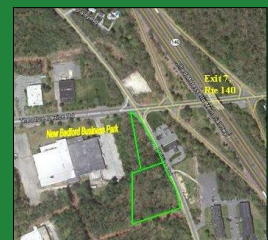
**4,500 SF Retail Building on Rt 6  
\$319,000**

**TAUNTON, MA**



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

**NEW BEDFORD, MA**



**5.5 Acres at Entrance to NB Business Park  
\$499,000**



**November 2018**

## Commercial Real Estate news and more

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## FOR SALE

### NEW BEDFORD, MA



**1,760 SF Retail/Office Building**  
on Route 6/Rockdale Ave  
**\$223,000**

### FALL RIVER, MA



**26,733 SF Waterfront Lot**  
for Up to 48 Condos  
**\$1.5M**

### NEW BEDFORD, MA



**2,880 SF Medical Office**  
with 2 Apartments  
**\$349,900**

### FAIRHAVEN, MA



**2,406 SF Retail Building on**  
Busy Route 6  
**\$499,900**

### NEW BEDFORD, MA



**42,609 SF Commercial Warehouse**  
Flex Building  
**\$1.1M**

### NEW BEDFORD, MA



**3,536 SF Commercial Building**  
on Busy Rockdale Ave  
**\$825,000**