



FOR LEASE

OFFICE SPACE

123 Rockdale Avenue, New Bedford, MA
3,536 SF Building with Parking Lot

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

2031 Purchase Street, New Bedford, MA
6,400 SF on 2 Floors w/Parking Lot

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

RETAIL SPACE

2031 Purchase Street, New Bedford, MA
6,400 SF on 2 Floors w/Parking Lot

178 Huttleston Avenue, Fairhaven, MA
4,085 SF in High Traffic Location on Busy Rt 6

181-211 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 in Busy Plaza 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 Building with Parking Lot

INDUSTRIAL/WAREHOUSE

232 Huttleston Avenue, #2, Fairhaven, MA
1,200 SF Warehouse Garage on Busy Rt. 6

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

376 Nash Road, New Bedford, MA
17,000 SF Freezer and/or 8,000 SF Flex Space

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

www.CoastalCommercialRE.com

What Can We Expect in 2019?

These recent years have been good to commercial real estate. Things have improved considerably in many geographical areas since The Great Recession, but what does the future now hold for us? We know that the economy and the real estate markets come and go in cycles, so what does our crystal ball now tell us is on the horizon?

One of the first warning signs of a change within a good real estate market is when we observe buyers starting to be more particular about the prices they're willing to pay.

Buyers will begin kicking the tires more and wonder if what the seller is asking is really what they should be paying for the property. But when the market was heating up, and there was great anticipation that if you purchased a property right now you'd immediately begin riding the gravy train of upward appreciation, people were sometimes even willing to pay full asking price.

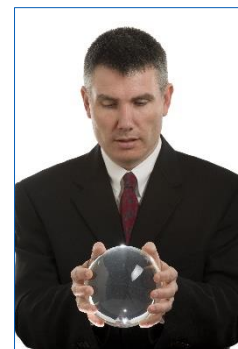
But what about right now, when that anticipated appreciation doesn't seem to be as solid as it was just several years ago? Well, now some of that excitement may have dissipated within buyers and they'll want a lower price.

The great news is that, generally speaking, good financing is still available to purchase commercial real estate. But then again, the buyers are now more likely to want to purchase real estate for better prices. So then when you combine this with the recent volatility within the stock market, and many people thinking that stock values have been overpriced, we now have multiple signals that economic change may be coming.

One of the greatest mistakes that real estate principals can make right now is lulling themselves into complacency and thinking that a good real estate market will always continue. History has shown us that when the passion of buyers begins to cool down, that this signals the beginning of a transition, and then it's only a matter of time until we feel even more of a slowdown.

So, with all of this in mind, if you're someone who wants to sell your property at or near the top of the upswing within this real estate cycle, now would probably be a good time to do so. But then again, if you're someone who plans to hold onto your property through any economic downturn, then now would be the time to stand pat.

Putting all of this together, this is the time to make sure that you have good tenants in place within your properties. No one can say for sure when we'll feel the full impact of the next economic downturn, but it's likely that we will see even greater transition within our local real estate market by the end of the year.





Do you have a
Commercial Real Estate Question?

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

CCRE@nerycorp.com

Triple Net Lease ("NNN")

A lease agreement where the tenant or lessee is responsible for the ongoing expenses of the property, including real estate taxes, building insurance, and maintenance, in addition to paying the rent and utilities.

Sold

Retail

650 GAR Hwy, Swansea, MA \$635,000
1095-1099 Bedford St, Fall River, MA \$274,900
226-238 S Main St, 232/1st Fl, Fall River, MA \$95,000
601-607 Smithfield Ave, Pawtucket, RI \$4,730,342
57-89 Sandy Bottom Rd, Coventry, RI \$1,100,000
1759 Mineral Spring Ave, N Providence, RI \$570,000
352-356 N Main St, Warren, RI \$245,000
1524 Smith St, N Providence, RI \$215,000

Office

93 Centre St, Brockton, MA \$1,020,000
10 Orms St, Providence, RI \$5,200,000
399-401 Jefferson Blvd, Warwick, RI \$429,900

Multi Unit

75 S Main St, Attleboro, MA \$15,500,000
12 Robert St, Attleboro, MA \$895,000
95 Emma St, New Bedford, MA \$560,000
670 Bedford St, Whitman, MA \$8,700,000
96 Penn St, Providence, RI \$480,000
79 Summer St, Manville, RI \$369,900
47 Mary ST, Pawtucket, RI \$369,000

Specialty

73 Leonard St, W Wareham, MA \$1,000,000

Industrial

110 Industrial Park Rd, Hingham, MA \$4,200,000
1020 W Chestnut St, Brockton, MA \$3,100,000
2700 Plainfield Pike, Cranston, RI \$6,937,000
670-710 Narragansett Park Dr, Pawtucket, RI \$6,700,000
2266 Pawtucket Ave, E Providence, RI \$1,380,000
49 Mechanic St, Hope Valley, RI \$435,000
25 Webb St, Cranston, RI \$325,000

Land

125 Cory's Ln, Portsmouth, RI \$8,805,000
Village Green Rd @ Pawtucket Ave, Riverside, MA \$250,000

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

Airline Etiquette

Bad behavior seems to be in the air these days, and it can make a plane journey very unpleasant.



In order to ensure that everyone makes it to their destination in as good a mood as possible, there are some basic airline etiquette tips that everyone should strive to achieve.

It is always a good idea to have chosen your seats prior to getting on the plane. If you want to be able to sit with family members or friends, this should be planned out in advance, as asking fellow travelers to move from their previously booked seats to accommodate you really isn't a good idea. Either pay early and pay more money in order to get the seat that you really want or stay in the one that you already have.

Bad behavior in the air can also result from frustration caused by poor planning. With this in mind, preparation is the key, so make sure to bring along snacks in the event of closed eateries at airports or delayed flights and have your own books and electronic devices to keep you entertained while you're in the air.

Ban Tech to Help Children Sleep

The obsession with technology that many children have these days can be tricky for parents during the best of times, but the effect of using tech at night should be a matter of real concern...according to new research.



Research has revealed that 40 percent of kids between the ages of six and eleven who use laptops, tablets or mobile phones in the hours leading up to their bedtime, are sleeping twenty minutes less than children who do not do so, a figure that ultimately amounts to nearly 121 hours of less sleep per year.

The University of Sheffield's Dr Anna Weighall, a psychologist in the field of cognitive development, headed the research in collaboration with Silentnight and the University of Leeds, questioning 1,000 parents, and discovered that kids slept an average of one hour less if their bedroom contained tech devices, in comparison to those whose rooms were free of such technology. Weighall says that parents need to set clear rules regarding technology usage near bedtime, adding that it is just a small change to routine that could have a big impact on the daily lives of their children.

FOR SALE

**3,420 SF Retail/Office
+ 8,674 SF Adjacent Lot
\$239,000**



NEW BEDFORD, MA

Call Richard at 508-990-4280 for Complete Details

Boosting Your Metabolism

Metabolism is the term given to the body's chemical reactions that are responsible for it continuing to function and live. When a metabolism is at a certain height, more calories are burned and it also becomes easier for people not only to lose weight but also to keep it off. A high metabolism also makes people feel good and boosts their energy level, too.



Some people are naturally blessed with high metabolism, but that is not the case for most people. In order to increase your metabolism, you need to eat healthy and to consume the right kinds of food.

Protein can increase your metabolic rate by between 15 to 30 percent, helping to boost food's thermic effect, which is the result of the extra calories that are needed in order to absorb, digest and process the amount of nutrients in the food.

Drinking oolong tea or green tea can also be beneficial, as it is believed to increase metabolism by up to as much as four or five percent. The teas can convert some of the body's stored fat into fatty free acids capable of increasing the process of burning fat by between ten to seventeen percent and are also low in calories themselves.

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

Two Story Building - 3,756 SF
Historic Downtown New Bedford
\$239,900

FOR SALE

NEW BEDFORD, MA



19,093 SF Lot Abutting Shopping Center
\$289,000

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

NEW BEDFORD, MA



1,200 SF 5 Stall Garage
\$93,000

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



Follow us on



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



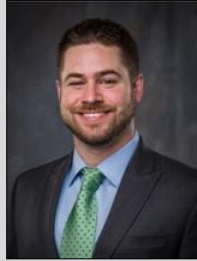
LoriNery@comcast.net
508-736-2387

Richard Stang, Esq.



R.Stang@nerycorp.com
508-990-4280

Justin Grolley, CBI, MBA



J.Grolley@nerycorp.com
508-965-8683

Joe Pinto



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

Kevin A. Nery
CBB, CBI, M&AMI, President



K.Nery@nerycorp.com
508-990-4280

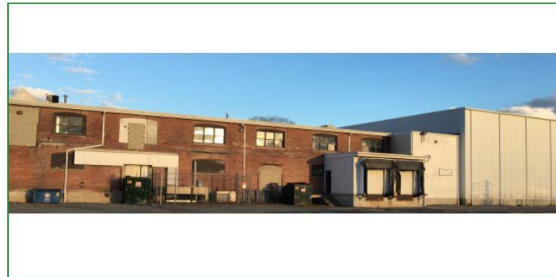
FOR SALE

NEW BEDFORD, MA



4,143 SF Auto Repair Shop
in High Traffic Area
\$329,000

NEW BEDFORD, MA



63,272 SF Warehouse Including
17,000 SF State-of-the-Art Freezer
\$2.5M

NEW BEDFORD, MA



2,162 SF Residential/Office Building
\$174,900

FAIRHAVEN, MA



2,406 SF Retail/Office Building
on Busy Route 6
\$459,900

FALL RIVER, MA



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

NEW BEDFORD, MA



1,706 SF Retail/Office/Restaurant
on Route 6/Rockdale Ave
\$223,000