



FOR LEASE

OFFICE SPACE

191-201 Pope's Island, New Bedford, MA
1,200-1,900 SF 2 Retail/Office Spaces

398 County Street, New Bedford, MA
2,000 SF Office on the 1st Floor

67-69 Brigham Street, New Bedford, MA
1,440 SF State-of-the-Art Medical Office

675 Paramount Drive, Raynham, MA
3 Units at Raynham Woods Medical Center

4-18 S. Water Street, New Bedford, MA
1,385 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

154 Faunce Corner Road, UF, Dartmouth, MA
1,911 SF Storefront in Busy Strip Plaza

161 Pope's Island, New Bedford, MA
10,000 SF in Waterfront District

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

191-201 Pope's Island, New Bedford, MA
1,200-1,900 SF 2 Retail/Office Spaces

331 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

INDUSTRIAL/WAREHOUSE

211 Pope's Island, Suite 4, New Bedford, MA
1,400 SF Storage/Contractor Space

161 Pope's Island, New Bedford, MA
10,000 SF in Waterfront District

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

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

What Does This Pause in Rising Interest Rates Mean for Our Economy?

Interest rates are such an important determinant for how our economy is performing. When the cost of capital becomes more expensive, suddenly it becomes less profitable and riskier for businesses to expand. Commercial real estate investment transactions can become less attractive, too. On the other hand, when interest rates are falling, the cost of capital becomes cheaper, and both business and real estate investment can benefit from these lower rates.



So when The Fed made the announcement that they would be holding back on any interest rate increases for the duration of 2019, despite their statement just months earlier that we should expect to see multiple interest rate increases throughout 2019, what impact does it have on business and commercial real estate?

Well, first of all, it allows businesses and investors to breathe a sigh of relief in knowing that they can expect interest rates to remain similar to what they have been in recent months. This in itself can get people feeling more confident about business, the economy, and about investing in commercial real estate, too. Beyond this, within commercial real estate specifically, an announcement like this can help properties to hold their value, and maybe even still increase in value, as new investment will still make sense at today's higher prices.

With this in mind, when interest rates rise, and buyers are trying to pencil out a potential investment opportunity, the higher monthly loan payments at the higher interest rate cause them to demand a lower price for the property. Meanwhile, the owner still wants the price that they could have obtained when the interest rate was lower. A stalemate can easily ensue where owners won't budge on their prices, and buyers won't pay the owner's asking price, and the volume of sale transactions in the marketplace can then become greatly reduced.

But the good news is that, with interest rates now expected to remain the same, we run a much lower risk of having this stalemate occur, and we have a much better chance of seeing the continuance of a more fluid commercial real estate market. However, at the same time, if buyers begin feeling that we are at or near the top of this real estate cycle, this could create caution also.

All things considered, having interest rates remain the same rather than increasing will definitely help stimulate more overall activity.

In closing, this pause in the rise of interest rates is good for our economy, and it helps to stimulate more business and more commercial real estate activity, too.



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

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

CCRE@nerycorp.com

Easement

A legal right to use another's land for a specific limited purpose. In other words, when someone is granted an easement, he is granted the legal right to use the property, but the legal title to the land itself remains with the owner of the land.

Sold

Retail

358 GAR Hwy, Swansea, MA \$1,250,000
20 North St, Plymouth, MA \$865,000
1484 Mineral Spring Ave, N Providence, RI \$1,750,000
1397 W Main Rd, Middletown, RI \$675,000
2914 Post Rd, Warwick, RI \$630,000
567 Charles St, Providence, RI \$500,000
189 Hartford Pike, Foster, RI \$470,000
127 Waterman Ave, E Providence, RI \$225,000

Office

152 W Main St, Norton, MA \$425,000
18-24 S Main St, Mansfield, MA \$350,000
150 Purchase St, Fall River, MA \$300,000
555 Wilbur Ave, Swansea, MA \$246,000
66-72 S Main St, Providence, RI \$2,000,000
631 Jefferson Blvd, Warwick, RI \$360,000
520-550 S Water St, 16A/1st Fl, Providence, RI \$275,000
457-459 Smithfield Ave, Pawtucket, RI \$210,000
365 Waterman Ave, E Providence, RI \$165,000

Multi Unit

10 Conner's Ave, Mansfield, MA \$14,650,000
191 Orne St, N Attleboro, MA \$540,000
224 Chestnut St, N Attleboro, MA \$510,000
232 Chestnut St, N Attleboro, MA \$530,000
5-7 Forest Ave, Plymouth, MA \$687,500

Industrial

300 John L Dietsch Blvd, N Attleboro, MA \$1,345,000
21 Ventura Dr, N Dartmouth, MA \$800,000
300 John L Dietsch Blvd, 2/1st Fl, N Attleboro, MA \$229,900
300 John L Dietsch Blvd, 3/1st Fl, N Attleboro, MA \$229,900
69 Alden St, Fall River, MA \$150,000
426 Metacom Ave, Warren, RI \$3,000,000
690 George Washington Hwy, Lincoln, RI \$1,280,000
6 Commercial Way, Warren, RI \$420,000
15 Bucklin St, Johnston, RI \$400,000
60 Pulaski St, W Warwick, RI \$175,000
2 S Main St, Woonsocket, RI \$138,000

Specialty

1100 N Main St, Brockton, MA \$900,000
999 S Main St, Pascoag, RI \$4,441,500

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

Rebooting Your Metabolism

If you feel sluggish, your clothes seem uncomfortably tight, and you're constantly craving a sugar hit, chances are your metabolism is operating in slow motion and may be in need of a reboot. The good news is that although genetics play a part, adjusting the kind of foods you eat can also help to get your metabolism to rejuvenate again.



Resetting your metabolism requires a short-term move to a restricted diet, for about two weeks, to enable the body to metabolize stored fat, as full fat cells that are forced to enlarge further cause inflammation and higher insulin levels, resulting in a slower metabolism.

General guidelines to achieve a metabolism reset include carefully choosing carbs, with those found in salads, fruits and non-starchy vegetables needing to make up about 80 percent of every meal's volume. This will help to naturally cut down on the calorie-dense carbs, and help to reduce blood sugar levels, insulin levels and increase your weight loss.

Eating probiotics and prebiotics will also help you to maintain healthy gut microbiome and support your healthy new weight.

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

**2,406 SF Retail/Office
Building on Busy Rt. 6**

\$459,900

Call Lori at 508-736-2387 for Complete Details



FAIRHAVEN, MA

Getting Rid of Financial Stress

Many people are stressed by their finances, but the good news is that having a budget and using it correctly can make the great majority of financial concerns disappear.



One of the simplest pieces of advice for people with financial stress is to start making use of basic money products. A surprising number of people today do not have even have basic banking products such as savings or checking accounts, and without using such services and products, no one is going to be able to achieve any kind of real financial success. But today, opening such an account in a local reputable bank can be done easily on the internet.

Another good tip is to put a specific amount from every paycheck into an account until you have a nice cushion or buffer in the event of any spending or income anomalies.

This money should only ever be utilized to cover any account shortages, and not as a way to simply increase your spending budget.

Increasing the number of your income streams by working overtime, taking on freelancing work, or investing, is also a good way to relieve financial stress.

Talent Tips

When it comes to hiring new talent, there are a number of tips that can assist HR personnel to come to the right conclusions. With this in mind, one of the most important tips is to not always trust in your own instincts.



Everybody likes to think that they have great interviewing skills, but, in reality, it is far better to trust in structure and process, than in just gut feelings alone, which could result in the rejection of great candidates for spurious reasons.

Many people also tend to favor candidates who most resemble themselves, which is another trap to avoid. Think about what you are really looking for in a new employee and identify the characteristics most likely to be successful in the position that you are attempting to fill.

Hiring collaborative learners is another excellent tip. Being willing and able to learn new things is a key variable in success with the rate of change in modern society today, and with most things now being accomplished within teams, empathy and collaboration are also extremely important.



FALL RIVER, MA

PACKAGE DEAL
2,734 SF Retail/Office
Building &
2,098 SF Two-Family
Residence
\$375,000

Call Lori at 508-736-2387 for Complete Details

FOR SALE

FALL RIVER, MA



1,707 SF Retail with 2 Units
\$169,900

NEW BEDFORD, MA



19,093 SF Lot Abutting Shopping Center
\$269,000

NEW BEDFORD, MA



4,554 SF Retail/Service Building
\$275,000

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

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



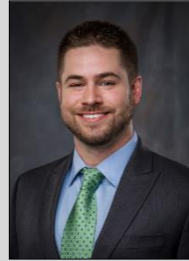
LoriNery@comcast.net
508-736-2387

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

FALL RIVER, MA



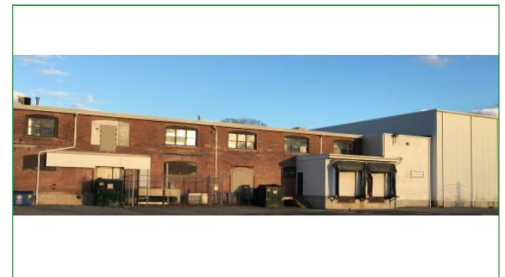
**26,733 SF Waterfront Lot
for Up to 48 Condos
\$1.5M**

NEW BEDFORD, MA



**1,760 SF Retail/Office/Restaurant
on Route 6/Rockdale Ave
\$195,000**

NEW BEDFORD, MA



**State-of-the-Art 17,000 SF Cold
Storage & 42,609 SF Flex Warehouse
\$2.5M**

NEW BEDFORD, MA



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

FALL RIVER, MA



**8,688 SF Office Space on
High Traffic Road
\$675,000**

NEW BEDFORD, MA



**3,756 SF Two Story Building in
Historic Downtown Area
\$214,500**