



FOR LEASE

OFFICE SPACE

5 Hicks Street, New Bedford, MA
1,100 SF 2nd Fl Office Space

215 Pleasant Street, Fall River, MA
4,400 SF Entire 3rd Fl Office Space

398 County Street, New Bedford, MA
Magnificent Space on 2nd & 3rd Floors

126-30 Union St, New Bedford, MA
1,500 SF Prime Location

401 County Street, 2nd Fl, New Bedford, MA
2,800 SF Downtown Office Space

127 Faunce Corner Road, Dartmouth, MA
5,000 SF End Cap Storefront Retail/Office

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

899 Pleasant Street, New Bedford, MA
Up to 3,000 SF Two 2nd Fl Offices

RETAIL SPACE

35 W.Rodney French Blvd -U:1
2,128 SF Storefront on Busy Rd

340 Front Street, Marion, MA
1,550 SF Space in High Traffic Area

154 Faunce Corner Rd, Dartmouth, MA
1,911 SF Plaza off of Route 195

145 Faunce Corner Crossing, Dartmouth MA
U:2,8, 9 Up to 5,400 SF Space in Busy Plaza

161 Pope's Island, New Bedford, MA
1,322-2,146 SF Waterfront District

4 Plaza Way, Fairhaven, MA
14,698 SF Retail/Office Space

32 Howland Road, Fairhaven, MA
3,784 SF Space on Highly Traveled Road

2031 Purchase Street, New Bedford, MA
3,200 SF on 1st Floor w/ Parking Lot

67-73 Huttleston Avenue, Fairhaven, MA
600 SF Plaza on Route 6

331 State Road, Dartmouth, MA
3,000 SF in Busy Plaza w/ 10 Units

2 Sarah's Way, Fairhaven, MA
2,600 SF Space in Highly Visible Plaza

832 State Road, Dartmouth, MA
2,520 SF Retail at Route 6 Intersection

12 Sconticut Neck Rd, Fairhaven, MA
1,400 SF Retail Space in Busy Route 6 Plaza

INDUSTRIAL/WAREHOUSE

1450 N Main Street, Raynham, MA
25,360 SF Heated Warehouse Space

401 County Street, New Bedford, MA
860 SF Detached Storage Garage

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

Contact Us at (508) 990-4280 or
www.CoastalCommercialRE.com

Recovery After Covid – Not A Smooth Path for Commercial Real Estate Investors

It is positive for the economy as a whole, not to mention for the health and wellbeing of the people around the country and across the globe, that the COVID-19 pandemic seems to be increasingly manageable. This has led to significant speculation about the ability of the markets to bounce back to pre-Covid levels.



Along with this assumption is the wishful thinking that the commercial real estate market can also recover quickly. The belief is that it will immediately provide opportunities for investors at all levels to take advantage of low prices on distressed properties in major cities and smaller towns around the country.

Some of the hardest-hit sectors include hotels, retail outlets, and restaurants. For investors, these distressed properties offer the potential of picking up properties at a price well below market value. This is not without a high level of risk, as there is still a noticeable decrease in the potential income-earning ability for these properties. It isn't easy to open a restaurant, hotel, or retail outlet at any time and the added difficulty of getting already hesitant customers into venues and away from online ordering, the challenge adds to the investment risk factor.

It is true that government assistance to businesses and individuals has provided some support to shore up businesses and allow them to hang on to rental units or commercial property. However, it is anticipated that this tentative hold for many of these businesses and business owners has reached the failing point, particularly with the lower-end income earning companies.

According to the CommercialEdge National Office Report completed in April of this year, the lease rates are actually increasing by 1.4%, while the vacancy rates are about 15.6% throughout the larger cities in the country. The report points out that remote work is only one factor contributing to this increase, with new property construction coming on the market another critical factor.

For investment purposes, high-end business and commercial properties are still considered a good investment strategy. While these properties are not sold at distressed levels, they attract tenants that are willing to invest in quality commercial space.

In summary, it is a mixed prospect for the future. Qualified borrowers for commercial real estate can take advantage of low-interest rates and favorable lending options, adding to their commercial real estate holdings. Choosing the higher-end commercial real estate investments, despite the low prices of distressed properties, may offer a better return on investment both short-term and in the foreseeable future.



Liquidity Risk

An investment that can't be bought or sold quickly enough to prevent or minimize a loss.

SOLD

Retail

866 Kempton St, New Bedford, MA \$155,000
51 Colonial Ave, Warwick, RI \$200,000
40-48 Reservoir Ave, Providence, RI \$489,500
3348 Pawtucket Ave, Riverside, RI \$645,000
1429 S Main St, Fall River, MA \$380,000
714 Bedford St, Abington, MA \$1,150,000
37 Whiting St, Hingham, MA \$1,775,000
378-380 Taunton Ave, E Providence, RI \$655,000
2005 E Main Rd, Portsmouth, RI \$550,000
800-804 Reservoir Ave, Cranston, RI \$440,000
197 Pascoag Main St, Pascoag, RI \$90,000

Office

26 Valley Rd, 1st fl, Middletown, RI \$120,000
82-184 Waterman Ave, Providence, RI \$950,000
68 Cumberland St, Woonsocket, RI \$1,600,000
179 Quincy St, U:2, Brockton, MA \$487,500
101 Washington St, Whitman, MA \$735,000
86 Faunce Corner Rd, Dartmouth, MA \$134,000
203 W Elm St, Brockton, MA \$475,000
203 W Elm St, Brockton, MA \$475,000
215 Toll Gate Rd, 1st fl, Warwick, RI \$640,000

Multi Unit

1 Mansfield Ave, Mansfield, AM \$23,360,000
235 Sawyer St, New Bedford, MA \$260,000
14 Vinnicum Rd, Swansea, AM \$379,000
61 Falmouth St, Attleboro, MA \$400,000
161 Duluth St, Fall River, MA \$470,000
227 Eagle St, Fall River, MA \$450,000
99 Washington St, Taunton, MA \$509,000
90 Choate St, Fall River, MA \$510,000
253 E Main St, Fall River, MA \$549,900
196 County St, Fall River, MA \$800,000
944 Brock Ave, New Bedford, MA \$815,000
162 Halfords St, Fall River, MA \$1,100,000
227 South Ave, Whitman, MA \$720,000
1 & 3-5 Hamilton St, Plymouth, MA \$1,100,000

Industrial

40 Well Ave, Cranston, RI \$350,000
1 Moshassuck St, Pawtucket, RI \$3,300,000
1505 Main St, W Warwick, RI \$500,000

Land

154 Pine St, Norton, MA \$900,000
2 Galleria Mall Dr, Taunton, MA \$75,000,000

Specialty

310 N Front St, New Bedford, MA \$120,000
4 David Drown Blvd, Fairhaven, MA \$1,300,000

Warehouse

418 Quequechan St, Fall River, MA \$990,000
125 Highland St, E Bridgewater, MA \$700,000
6 White Ave, Taunton, MA \$470,000

Contact Us at
(508) 990-4280 or Visit Us at
www.CoastalCommercialRE.com

Inspiring Others Online

Many people have become influential online and have even gotten careers from their social media and online presence and while there are no sure-fire ways to achieve this there are some tips that can help with boosting social media skills and getting people to trust you.



One good tip to inspire others online is to take command straight away and display confidence. People like to know everything they can about the person and a lack of confidence often makes them lose interest in what they have to say. Confidence and assertiveness allow others to better connect with you.

Honesty is another crucial element to inspire others online. If you are trying to inspire others then honesty is expected and it is important to be transparent when it comes to sharing experiences so they will trust you and believe in you enough to allow you to inspire them.

Beating Sugar Cravings

The best intentions to lose weight can be overcome by sugar cravings. Overeating later in the day is often caused by what we have consumed earlier on, and the good news is those sugar cravings can be controlled or avoided by choosing minimally processed, fresh whole foods.



Water is so crucial to the everyday functions of the human body that even mild dehydration can cause fatigue as well as other symptoms such as hunger, thirst, irritability, and headaches. Prolonged or severe dehydration can have even more serious side effects such as dizziness, migraines, and nausea.

Having a large glass of water should be the first thing you do to try and beat late afternoon cravings as dehydration could actually be the cause.

Another good tip is to eat foods containing a lot of fiber and the right sort of carbohydrates that can be found in rolled oats, high fiber cereals, sweet potatoes, lentils, rye bread, and chickpeas.

FOR LEASE!

Up to 3,000 SF Two
2nd Floor Office Spaces
\$20NNN

Contact Lori at (508) 736-2387
or lorinery@comcast.net



New Bedford, MA

New Development Opportunity FOR LEASE

161 Pope's Island, New Bedford, MA



Join the marine community of waterfront properties, businesses & enjoy the high traffic count on the New Bedford/Fairhaven line!

New 2021 construction creating four 1st floor commercial/retail office units ranging from 1,322 SF - 2,146 SF.

Units can be combined for a larger layout.

Contact Richard Stang at 508-990-4280 or r.stang@nerycorp.com

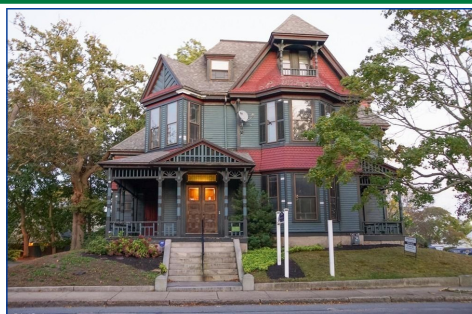
Flower Facts

There are many fascinating trivia facts about flowers in addition to just their amazing variety of colors and appearances. A moon flower is a term that has been applied to many different flowers though the honeysuckle, *Ipomoea alba*, is definitely the most prominent. This climbing plant flowers at night and comes with tuberculous roots and thin stems. Other species that close in the day and open only at night include the baobab, the nicotiana Alata, and some magnolia varieties. Nocturnal plants such as these are pollinated via nocturnal animals such as bats, moths, and butterflies and thus attract them at night by secreting aromas. The word pollen has been in use in science for more than two hundred years since 1760. The Nile rose, also known as the Indian lotus, is a beautiful aquatic flower from the Nymphaeaceae family that has seeds that can germinate for up to a thousand years.

FOR LEASE!

Magnificent Office Spaces
1st & 2nd Floors
High Traffic Location

Contact Lori at (508) 736-2387
or lorinery@comcast.net



New Bedford, MA

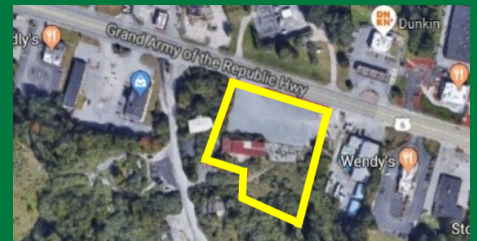
FOR SALE

PLYMOUTH, MA



4,020 SF Day Care/Retail/
Residential Cape \$850,000

SWANSEA, MA



2.89 Acres Commercial/
Industrial Lot \$1.5M

NEW BEDFORD, MA



1,269 SF Office/Retail on Corner Lot
\$154,500

NEW BEDFORD, MA



1,245 SF Units 2 & 3 Medical
Offices with Parking \$155,000

NEW BEDFORD, MA



2,890 SF Two Storefronts &
One Apartment \$295,000



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FOR SALE

NEW BEDFORD, MA



4,300 SF Newly Renovated
Mixed-Use Office/Residential
\$399,000

FALL RIVER, MA



2,421 SF Fully Permitted
Auto Service \$650,000

NEW BEDFORD, MA



3,635 SF Mixed-Use
Office/Residential in Downtown
\$459,900

FALL RIVER, MA



2,955 SF Retail Building on High
Traffic Route \$350,000

NEW BEDFORD, MA



13,000 SF 3 Buildings in Prominent
North End \$750,000

FALL RIVER, MA



3,890 SF 2 Free Standing Buildings
\$499,000