



FOR LEASE

OFFICE SPACE

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

6 Hathaway Rd, Dartmouth, MA
Brand New 800 SF Office Space

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

RETAIL SPACE

89 County Rd, Mattapoisett, MA
1,338 SF Auto Repair on Busy Main Road

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

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

558 Mt. Pleasant St., New Bedford, MA
2,140 SF Multi-Purpose Flex Space

67-73 Huttleston Ave, Fairhaven, MA
2,400 SF End Cap Space

511 State Road, Dartmouth, MA
856 SF End Cap Retail/Office Space

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 Rd, Dartmouth, MA
980 – 1,000 SF Retail/Warehouse Space

INDUSTRIAL/WAREHOUSE

232-236 Huttleston Ave, Fairhaven, MA
Up to Three 1,200 SF Ind Garage Spaces

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

79 Brook St, New Bedford, MA
Up to 38,000 SF of Flex Space Available

**Please contact us directly at
(508) 990-4280
for further information or visit us at
www.CoastalCommercialRE.com**

Here's an Alternative to Doing a 1031 Exchange

If you've ever been involved in selling a property and then looking to locate a Section 1031 tax-deferred exchange property, you know what this experience can be like. The moment you close on the initial sale of your property, the clock then begins ticking. You've got 45 days to identify the property that you will be exchanging into, and then six months from the closing date of your original sale to then close this "upleg" transaction.

Sometimes the thought of going through this entire process can keep owners from listing their property and putting it on the market, for fear of not being able to find and close that upleg transaction within the previously mentioned timeframes.

With this in mind, meet the Deferred Sales Trust, an alternative to doing a Section 1031 tax-deferred exchange that will eliminate these timeframes.

In a Deferred Sales Trust, you transfer the ownership of your property into a special trust that you create, and then when you sell the property, the proceeds from the sale go into this trust.

Then you can reinvest these proceeds not only into commercial real estate, but into investments like stocks and bonds, and you can do so whenever you're ready, without having that ticking time clock indicating when that final day of reckoning will get here.

Why haven't you heard of this option before? Well, very few accountants and attorneys even know about this trust, even though this reinvestment strategy has been utilized successfully now for many years. It seems that even though the IRS has been allowing this strategy to be utilized, it hasn't exactly been crowing about this to the world in the loudest manner imaginable. But when you comply with the basic guidelines that the IRS has been allowing, similar to what happens when you comply with the guidelines for doing a 1031 exchange, the IRS will then allow you to maintain tax-deferred status on your proceeds.

So, if you are thinking of selling a property and you're planning on doing a Section 1031 tax-deferred exchange when you sell the property, it may be wise for you to learn more about the Deferred Sales Trust. It can give you more flexibility than doing a 1031 exchange, but you'll want to learn more about it in advance, and strategize before you ever reach an agreement to sell your property. Otherwise it may be too late for you to implement this strategy.

If you'd like more information on the Deferred Sales Trust, including seeing a video describing exactly how this approach works, visit the website located at www.WeReduceTaxes.com.





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

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

CCRE@nerycorp.com

**REIT
(Real Estate Investment Trust)**

**A security that sells like a stock on the major
exchanges and invests in real estate directly, either
through properties or mortgages. REITs receive
special tax considerations and typically offer
investors high yields.**

Sold

Retail

555 Winthrop St, Taunton, MA \$800,000
1532 Cove Rd, New Bedford, MA \$20,000
609 South St, W Raynham, MA \$325,000
25 Circle St, Rumford, RI \$25,000
4 Dante Ave, Johnston, RI \$225,000
830-838 Broad St, Central Falls, RI \$230,000
275 Washington Hwy, Smithfield, RI \$1,100,000
426 Cass Ave, Woonsocket, RI \$160,000
1818-1826 E Main Rd, Portsmouth, RI \$800,000
443 Jefferson Blvd, Warwick, RI \$1,300,000
1075 Charles St, N Providence, RI \$200,000
83 Brown St, N Kingstown, RI \$1,050,000

Multi Family

101 Foster St, Fall River, MA \$177,500
144 Prospect St, Fall River, MA \$260,000
176 Buffinton St, Fall River, MA \$285,000
24 Independent St, New Bedford, MA \$290,000
508 Hillman St, New Bedford, MA \$280,000
24 Locust St, New Bedford, MA \$246,000
11 Choate St, Fall River, MA \$309,000
534 N Front St, New Bedford, MA \$233,000
55 Laurel St, Fall River, MA \$240,000
73 Nelson St, New Bedford, MA \$245,000
28 McClure Pl, Fall River, MA \$259,900
291 Grove St, Brockton, MA \$452,000
145 Nilsson St, Brockton, MA \$465,000
13 Evaleen St, Central Falls, RI \$100,000
87 Barstow St, Providence, RI \$130,500
25 May St, Pawtucket, RI \$167,000
10 Central St, Warren, RI \$227,000
130 Woodbine St, Pawtucket, RI \$255,000
85 Rochambeau Ave, Providence, RI \$360,000
189 Burnside St, Providence, RI \$205,000
71 Roberts St, W Warwick, RI \$100,000
392 Dexter St, Central Falls, RI \$200,000
258 Rhodes St, Providence, RI \$292,000
66 Bergen St, Providence, RI \$132,500
14 Bryant St, Providence, RI \$203,000
109 Ruggles St, Providence, RI \$232,000

Agricultural

397 Chestnut Hill Rd, Chepachet, RI \$207,000

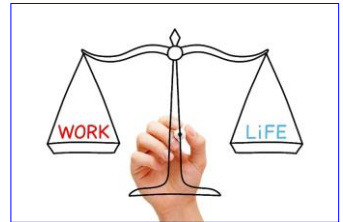
Land

Tower Hill Rd, S Kingstown, RI \$550,000

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

Overcoming Work/Life Balance Hurdles

Trying to get the best balance between work and life is a challenge for workers and employers alike, and there are a variety of obstacles to achieving this goal.



One common obstacle is that many people see looking after their own interests as being selfish, when it is in fact crucial for the promotion and maintenance of a lifestyle that is both fulfilling and healthy.

Mindfulness and meditation are both excellent examples of this, but even just taking a walk at lunchtime or ensuring that you make time for a favorite hobby or TV show can help to maintain a healthy balance.

Having a clear focus on your personal goals, staying motivated and positive, and getting enough good quality sleep are also vital, as is realizing that you do not have to do everything alone. There are many resources available in your local community and online.

Rediscovering Work Inspiration

Inspiration provides a sense of purpose at work, giving us the feeling that we're making good use of our talents. Yet inspiration can disappear quickly, either due to a lack of interest in a particular job or a negative remark from the boss and rediscovering that it can be easier said than done. Even those fortunate enough to actually love their job most of the time can still go through periods when being excited to be there seems just too much to ask. The good news is there are ways to rediscover that inspiration. One good tip is to not sit around waiting for inspiration to strike again. Inspiration often comes from fresh information and experiences, and there are ways to get these such as attending professional gatherings, taking a class, travelling or even just reading a book. Just a couple of hours per week undertaking activities to expand your perspective can work wonders. Our mood and energy are affected by those around us, and getting some new friends can help to inspire us, giving us different things to talk about and new perspectives to think on. Meeting new people is a great way to stimulate the creation of new ideas.

Choosing the Right B2B Writer

The content that your firm puts out will likely be the very first thing potential clients stumble upon while they are surfing the net or looking up info about your services or products. It is therefore vital that that content be both accurate and highly appealing, making it important that the writer you choose for your online content is up to the task.



One way to ensure you end up with the right writer is to make sure you are aware of the kind of content that your firm requires, as writing social media articles or blogs is a very different kind of writing talent than writing user manuals and product descriptions, and so forth. If you want a blogger, then a writer who is witty and creative is the way to go, but someone with a technical background and the ability to make complex concepts understandable to the layman will be what you need to create manuals and descriptions for your services and products, which is then more likely to appeal to a B2B audience.

Safe Travel and Food Allergies

People who suffer from food allergies can often find an intimidating and annoying experience, being constantly afraid of what could happen if they inadvertently consume something that they should not. Although it is not easy, there are ways for food allergy sufferers to be able to travel with more confidence.



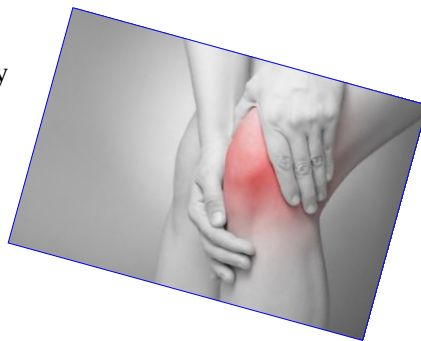
It is very important to always have a medical passport on your person when you travel. Talk to your doctor and get them to write a note listing all of your food allergies, including all variations of one kind of food. Make sure you have a copy of this note on you and in your luggage at all times, along with details of your health insurance, emergency contact numbers and drugs that you are able to take.

If you are traveling to a foreign country that does not speak English, take food allergy translation cards in order to be explain your allergy to servers in restaurants. Another good tip is to pack your own food for the flight. Although it is possible to request special dishes from the airline prior to flying, this does not always work out too well, so packing your own food and snacks that you know are safe is always a good idea.

Diet and Injury

Even those who do their best to eat healthily will need to adjust their diet after an injury.

Whether you herniated a disc or tore your calf while exercising, food is no longer just about fuel, it is about helping your body to recover and fight inflammation.



After an injury, your diet should be more focused on foods that are anti-inflammatory, cutting out foods that can result in inflammation, boosting your protein, and keeping high intake levels of essential nutrients, minerals and vitamins.

Reducing inflammation is particularly important for soft tissue injuries such as sprains or tears, and vegetables, fruits and healthy fats like flax seed and chia can help to cut down on the amount of inflammation within the body in much the same way that ice is used to reduce inflammation on the body's exterior.

It is equally important to cut down on foods that can actually cause inflammation, such as candy, margarine, hot dogs, doughnuts, lunch meats and sausage, and on any other foods high in ingredients like refined sugars, oils and trans and saturated fats.



NEW BEDFORD, MA



**25,000 SF Building on
the Waterfront
\$2M**

Call Kevin at 508-990-9800 for Complete Listing Details

FOR SALE

RAYNHAM, MA



**1,290 SF Mixed Use Building
on Busy Street
\$239,000**

NEW BEDFORD MA



**1,490 SF Two Story Office
Building
\$269,900**

NEW BEDFORD, MA



**7,200 SF Warehouse w/Office
& Fenced Parking Lot
\$375,000**

MATTAPOISETT, MA



**1,338 SF Auto Repair on
Busy Main Street
\$249,900**



November 2017

Commercial Real Estate
news and more

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FOR SALE

FALL RIVER, MA



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

FALL RIVER, MA



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

NEW BEDFORD, MA



104,000 SF Industrial
Flex Building
\$725,000

NEW BEDFORD, MA



Commercial Flex Building with
17,000 SF Freezer
\$2.6M

NEW BEDFORD, MA



5.5 Acres Abuts
Industrial Park
\$499,000

FALL RIVER, MA



2,458 SF of Mixed Use
Retail/Office/Residential
\$214,900