



FOR LEASE

OFFICE SPACE

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

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

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

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

INDUSTRIAL/WAREHOUSE

376 Nash Road, New Bedford, MA
8,000 SF Flex Space Near Highways

**Do You Have Vacant Space
to Lease?
Ready to Sell Your Property?**

**Buyers, investors & tenants
contact us daily for assistance!**

**Contact Us Confidentially to
Discuss Options**

508-990-4280

Here's an Extremely Important Book for Reversing Type II Diabetes

Normally you'll see me write articles in this location of the newsletter pertaining specifically to commercial real estate. But there's a book that has come on the market that is so profound, that focuses on how to reverse Type II diabetes and high blood glucose levels naturally, that I thought it was extremely important to tell you about the book.



After all, investing in commercial real estate can become a very important component towards both your financial success and your lifestyle, but this can be hampered substantially if you or someone close to you is dealing with a medical condition that's causing you pain and frustration.

In addition, since more than 50% of American adults have now been diagnosed as being pre-diabetic, or as already having Type II diabetes, the chances are very high that you already know someone who can greatly benefit from the information contained within this book.

The book is titled The Diabetes Code, and it was written by Dr. Jason Fung. In the book, Dr. Fung discusses the myths that have now been debunked by modern science about Type II diabetes, and he tells people who are living with high blood glucose levels how to reverse those levels naturally, and no longer need to take oral medication or insulin injections to treat this condition. In addition, he provides case studies showing how clients of his have gotten completely off their Type II diabetes medications within just weeks after beginning his recommended program.

Keeping this in mind, Dr. Fung provides scientific proof that while oral medications and insulin taken to reduce blood glucose levels can definitely be effective at doing so, these medications basically move the glucose out of the blood and into other organs and systems within the body, where it can then do substantial damage. So, while administering these treatments is still standard practice within Western medicine, Dr. Fung gives people a way out from needing to do this, and he shows them how to bring their glucose levels down into more acceptable ranges, without needing to take drugs or insulin.

So, in putting all of this together, if you know someone who can benefit from this information, you may want to tell them about this book. It's been changing people's lives left and right who up until now have been dependent on medication and insulin to treat their high blood glucose levels, and at the time of me publishing this article, the book has already received more than 380 five-star reviews on Amazon, including receiving solid testimonials from medical doctors about the book, 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

Yield Curve

A line that plots interest rates, at a set point in time, of bonds having equal credit quality, but differing maturity dates. The yield curve is used as a benchmark for other debt in the market, such as mortgage rates and bank lending rates.

Sold

Retail

314-322 N Main St, Mansfield, MA \$1,765,000
840 S Washington St, N Attleboro, MA \$1,220,000
1518 N Main St, Fall River, MA \$625,000
995 N Montello St, Brockton, MA \$1,744,000
85 Summer St, Kingston, MA \$560,000
204 Westminster St, Providence, RI \$1,850,000
1039 Branch Ave, Providence, RI \$1,675,000

Office

101 Accord Park Dr, Norwell, MA \$1,785,000
2030-2036 Ocean St, Marshfield, MA \$730,000
1086 Smith St, Providence, RI \$355,000
806 Reservoir Ave, Cranston, RI \$159,000

Multi Unit

21 East St, N Attleboro, MA \$20,000,000
738 Plain St, Marshfield, MA \$79,753,185
1283 Ocean St, Marshfield, MA \$1,440,000
7 Knight St, Ashaway, RI \$450,000

Industrial

475 Church St, New Bedford, MA \$1,150,000
920 Washington St, Easton, MA \$625,000
153 Chancery St, New Bedford, MA \$90,000
22 Court Ave, Brockton, MA \$850,000
83 Cambridge St, Middleboro, MA \$500,000

Land

270 GAR Hwy, Swansea, MA \$1,100,000
739-745 Victory Hwy, W Greenwich, RI \$425,000
0 Pippin Orchard Rd, Cranston, RI \$175,000

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

How to Win an Industry Award

Winning an industry award can be an excellent PR for a B2B company, building authority and credibility alongside earning both media recognition and visibility. But how do you go about being in contention for such an award?



One good tip is to make sure that you are focused on outcomes. Be it a customer case study, individual award or product that you are entering, quantifiable success is what judges want to see. Anecdotal evidence is not enough to win an award – hard ROI numbers are what are required. When you submit for an award, make sure you provide the numbers that reflect testimonials and reviews from customers, and you may even want to substantiate your figures with data visualizations.

It is also a good idea to make a wise choice regarding the competition you choose to enter. There are industry awards for all niches, all of which come with different categories and subcategories that increase the odds of winning, but also make entering a more complicated process.

With this in mind, get your PR department to maintain a database of all awards relevant to your industry.

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.



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*Check out our new website for latest listings,
newsletters, industry news & more!*

Elephant Facts

Elephants are among the most intelligent creatures on the planet, and are always a perennial favorite at zoos, but most people probably do not know very much about them.



The trunk of an elephant weighs up to as much as 400 pounds, and yet has the ability to pick up items incredibly small such as a single grain of rice. They have very long eyelashes, up to five inches in length in some cases.

Elephants are able to continue having babies up until the age of fifty, and they have a gestation period as long as 22 months, which is the longest of any mammal. The oldest elephant on record lived to the ripe old age of 86.

Elephants are one of the few animals, along with humans, dolphins and apes, to possess self-awareness, being able to realize that they are looking at themselves when they look in a mirror. In addition, elephants greet each other by hugging their trunks together. They are very emotional animals, even capable of displaying grief at the loss of family members.

Protect Your Wi-Fi from Hackers

Wi-Fi is all the rage today and many people have a multitude of different devices connected to their home network, but how can you ensure that network is protected from hackers?



One good method to protect your Wi-Fi is to use The Core from Norton. This device was specifically designed to protect not just your phones and computers from hackers, but any other device that is linked to your home network such as thermostats, light bulbs and refrigerators.

Another option is The Box from Bitdefender, another company with a strong history of online security. As with The Core, The Box works with existing routers or actually serves as their replacement, and also comes with a whole suite of additional parental controls.

The M2-Hive is another prospect for security that also bills itself as being able to offer greater Wi-Fi connectivity within the home, while The Fingbox provides a wealth of options, in addition to security and parental controls such as analyzing network bandwidth consumption, and home monitoring devices.

For added security, always try and avoid making use of public Wi-Fi networks when you're away from home.

Funny Bone – Team Effort

A motorist stuck in a ditch received help from a farmer walking down the road with an old horse.



“Just give me a minute, and old Billy will get you pulled out of there,” the farmer said as he hitched the car to the horse. He then began to shout, “Pull, Chuck! Pull, Willow! Pull, Stanley!” But nothing happened.

Finally, the farmer said, “Pull, Billy!” Then the horse took a few steps forward and pulled the car out of the ditch.

The driver thanked the farmer for his help, and then asked why the farmer called out all of the other names first.

“Billy is blind, and a bit set in his ways,” the farmer said. “So, if he thought he was the only one pulling the car, he wouldn’t have even tried.”

FOR SALE

NEW BEDFORD, MA



2,880 SF Medical Office w/2 Apartments
\$349,900

FALL RIVER, MA



Waterfront Lot Approved for Condos
\$1.5M

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

NEW BEDFORD, MA



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

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FOR SALE

NEW BEDFORD, MA



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

FAIRHAVEN, MA



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

SWANSEA, MA



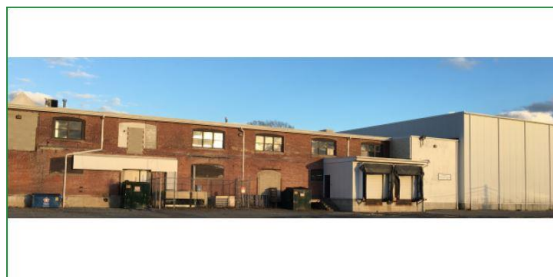
**7,000 SF Two Retail Stores on
High Visibility Corner Lot
\$850,000**

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 Flex Warehouse
\$2.5M**

NEW BEDFORD, MA



**3,756 SF Two Story Building in
Historic Downtown Area
\$239,900**