

## **For Immediate Release**

### **Sterling Office and Industrial Trust Announces Dividend and Distribution**

Company Release – March 27, 2020

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on March 25, 2020 and declared its 16<sup>th</sup> consecutive quarterly dividend of \$0.1509375 per share payable on April 15, 2020 to shareholders of record at the close of business March 31, 2020. This dividend represents a 5.75% annual yield given the current share price of \$10.50 per share.

Also on March 25, 2020, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 16<sup>th</sup> consecutive quarterly distribution of \$0.1509375 per unit payable on April 15, 2020 to Limited Partnership unitholders of record at the close of business March 31, 2020. This distribution represents a 5.75% annual yield given at the current unit price of \$10.50 per unit.

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#### **ABOUT STERLING OFFICE AND INDUSTRIAL TRUST**

Sterling Office and Industrial Trust is a registered, but unincorporated business trust formed in North Dakota to invest in primarily office and industrial buildings. The Trust operates as an Umbrella Partnership Real Estate Investment Trust and, holds all of its assets through Sterling Office and Industrial Properties, LLLP, which the Trust controls as general partner.

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