

**For Immediate Release**

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

Company Release – September 20, 2019

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on September 18, 2019 and declared its 14<sup>th</sup> consecutive quarterly dividend of \$0.14734375 per share payable on October 15, 2019 to shareholders of record at the close of business September 30, 2019. This dividend represents a 5.75% annual yield given the current share price of \$10.25 per share.

Also on September 18, 2019, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 14<sup>th</sup> consecutive quarterly distribution of \$0.14734375 per unit payable on October 15, 2019 to Limited Partnership unitholders of record at the close of business September 30, 2019. This distribution represents a 5.75% annual yield given at the current unit price of \$10.25 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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