

For Immediate Release

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

Company Release – September 21, 2018

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on September 19, 2018 and declared its 10th consecutive quarterly dividend of \$0.140937 per share payable on October 15, 2018 to shareholders of record at the close of business September 28, 2018. This dividend represents a 5.5% annual yield given the current share price of \$10.25 per share.

Also on September 19, 2018, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 10th consecutive quarterly distribution of \$0.140937 per unit payable on October 15, 2018 to Limited Partnership unitholders of record at the close of business September 28, 2018. This distribution represents a 5.5% annual yield given the current unit price of \$10.25 per unit.

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. For more company information, visit our website at www.soitrust.com.

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