

For Immediate Release

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

Company Release – April 5, 2019

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on March 27, 2019 and declared its 12th consecutive quarterly dividend of \$0.14734375 per share payable on April 15, 2019 to shareholders of record at the close of business March 29, 2019. This dividend represents a 5.75% annual yield given the current share price of \$10.25 per share.

Also on March 27, 2019, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 12th consecutive quarterly distribution of \$0.14734375 per unit payable on April 15, 2019 to Limited Partnership unitholders of record at the close of business March 29, 2019. This distribution represents a 5.75% annual yield given at 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 Additional Information

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