

For Immediate Release

**Sterling Office and Industrial Trust
Announces Increase in Dividend Yield**

Company Release – December 20, 2018

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of trustees met on December 12, 2018, and approved an increase in the dividend yield from 5.5% to 5.75% effective January 1, 2019. The Board of Trustees, acting as general partner of Sterling Office and Industrial Properties, LLLP, also approved an increase in the dividend yield from 5.5% to 5.75% effective January 1, 2019. This dividend yield increase will first be realized with the dividend and distribution paid in April 2019.

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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