For Immediate Release

Sterling Office and Industrial Trust Closes on Purchase of MPP Group of Companies Corsicana, TX; Phoenix, AZ; DuQuoin, IL

Company Release - May 27, 2016

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust announced its operating partnership, Sterling Office and Industrial Properties, LLLP, successfully purchased three industrial buildings located in Corsicana, Texas, Phoenix, Arizona and Du Quoin, IL. The buildings were owned by MPP Group of Companies, who will remain in the buildings on long-term, triple net lease agreements. The MPP portfolio was purchased for \$7,250,000 on May 20, 2016, using a combination of 1031 dollars and debt.

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
Brittaney van der Hagen
Director of Investor Relations
1711 Gold Drive South, Suite 100
Fargo, ND 58103
(701) 353-2729