

For Immediate Release

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

Company Release – December 15, 2016

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust announced on December 13, 2016, its Board of Trustees approved a fourth quarter 2016 dividend of \$0.1125 per share to shareholders of record as of December 31, 2016. This dividend will be paid on January 15, 2017.

The Board of Trustees, acting as general partner of Sterling Office and Industrial Properties, LLLP, also approved a distribution of \$0.1125 per unit to Limited Partnership unitholders of record as of December 31, 2016. This distribution will be paid on January 15, 2017.

This is the 3rd quarterly dividend and distribution paid and equates to a 5.0% annual yield for shareholders and unitholders given the current share price.

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