

For Immediate Release

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

Company Release – June 23, 2025

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on June 17, 2025 and declared its 37th consecutive quarterly dividend of \$0.172 per share payable on July 15, 2025 to shareholders of record at the close of business June 30, 2025. This dividend represents a 5.5% annual yield given the current share price of \$12.50 per share.

Also on June 17, 2025, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 37th consecutive quarterly distribution of \$0.172 per unit payable on July 15, 2025 to Limited Partnership unitholders of record at the close of business June 30, 2025. This distribution represents a 5.5% annual yield given the current unit price of \$12.50 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.

Michael P. Carlson
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For Additional Information
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