For Immediate Release

Sterling Office and Industrial Trust Announces Dividend and Distribution

Company Release – June 26, 2017

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust (Sterling) announced on June 21, 2017, its Board of Trustees approved a second quarter 2017 dividend of $0.1375 per share to shareholders of record as of June 30, 2017. This dividend will be paid on July 17, 2017.

Sterling's Board of Trustees, acting as general partner of Sterling Office and Industrial Properties, LLLP, also approved a distribution of $0.1375 per unit to Limited Partnership unitholders of record as of June 30, 2017. This distribution will be paid on July 17, 2017.

This is the 5th consecutive quarterly dividend and distribution paid by Sterling and equates to a 5.5% annual yield for shareholders given Sterling's 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
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