

**For Immediate Release**

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

Company Release – June 26, 2023

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on June 21, 2023 and declared its 29<sup>th</sup> consecutive quarterly dividend of \$0.165 per share payable on July 17, 2023 to shareholders of record at the close of business June 30, 2023. This dividend represents a 5.5% annual yield given the current share price of \$12.00 per share.

Also on June 21, 2023, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 29<sup>th</sup> consecutive quarterly distribution of \$0.165 per unit payable on July 17, 2023 to Limited Partnership unitholders of record at the close of business June 30, 2023. This distribution represents a 5.5% annual yield given at the current unit price of \$12.00 per unit.

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**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.

Cellina Murphy  
Director of Investor Relations  
**For Additional Information**  
4340 18<sup>th</sup> Avenue South, Suite 200  
Fargo, ND 58103  
(701) 205-1146