

For Immediate Release

**Sterling Office and Industrial Trust
Announces Increase in Share Price**

Company Release – December 15, 2016

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust announced on December 13, 2016, its Board of Trustees approved an increase in share price from \$9.00 to \$10.00 per share effective January 1, 2017. The Board of Trustees, acting as general partner of Sterling Office and Industrial Properties, LLLP, also approved an increase in the unit price from \$9.00 to \$10.00 per unit effective January 1, 2017. Sterling Office and Industrial Trust announced an increase in dividend paid on shares and units to 5.5% also effective January 1, 2017. This dividend yield increase will first be realized with the Q1 2017 dividend and distribution.

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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