

**For Immediate Release**

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

Company Release – April 1, 2026

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on March 18, 2026 and declared its 40<sup>th</sup> consecutive quarterly dividend of \$0.1772 per share payable on April 15, 2026 to shareholders of record at the close of business March 31, 2026. This dividend represents a 5.25% annual yield given the current share price of \$13.50 per share.

Also on March 18, 2026, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 40<sup>th</sup> consecutive quarterly distribution of \$0.1772 per unit payable on April 15, 2026 to Limited Partnership unitholders of record at the close of business March 31, 2026. This distribution represents a 5.25% annual yield given the current unit price of \$13.50 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.

Michael P. Carlson  
General Counsel & Secretary

**For Additional Information**  
4340 18th Avenue South, Suite 200  
Fargo, ND 58103  
(701) 353-2720