

For Immediate Release

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

Company Release – June 30, 2026

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on June 24, 2026 and declared its 41st consecutive quarterly dividend of \$0.1772 per share payable on July 15, 2026 to shareholders of record at the close of business June 30, 2026. This dividend represents a 5.25% annual yield given the current share price of \$13.50 per share.

Also on June 24, 2026, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 41st consecutive quarterly distribution of \$0.1772 per unit payable on July 15, 2026 to Limited Partnership unitholders of record at the close of business June 30, 2026. This distribution represents a 5.25% annual yield given the current unit price of \$13.50 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.

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For Additional Information
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