

For Immediate Release

Sterling Office and Industrial Trust Announces Dividend and Distribution

Company Release – September 30, 2026

FARGO, NORTH DAKOTA – Sterling Office and Industrial Trust’s Board of Trustees met on September 23, 2026 and declared its 42nd consecutive quarterly dividend of \$0.1772 per share payable on October 15, 2026 to shareholders of record at the close of business September 30, 2026. This dividend represents a 5.25% annual yield given the current share price of \$13.50 per share.

Also on September 23, 2026, Sterling’s Board of Trustees, acting as General Partner of Sterling Office and Industrial Properties, LLLP, declared its 42nd consecutive quarterly distribution of \$0.1772 per unit payable on October 15, 2026 to Limited Partnership unitholders of record at the close of business September 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.

For Additional Information

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