Form 5500	Annual Return/Report	of Employee Benefit Plan		OMB Nos. 12	10-0110	
Department of the Treasury Internal Revenue Service	This form is required to be filed for employee benefit plans under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA) and sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).			2016		
Department of Labor Employee Benefits Security Administration	· · · · · · · · · · · · · · · · · · ·	tries in accordance with ns to the Form 5500.				
Pension Benefit Guaranty Corporation				Form is Open to Pu Inspection	ıblic	
	entification Information					
For calendar plan year 2016 or fisca	I plan year beginning 01/01/2016	and ending 12/31/20	016			
<b>A</b> This return/report is for:	a multiemployer plan	a multiple-employer plan (Filers checking t participating employer information in accor			ns.)	
	X a single-employer plan	a DFE (specify)				
<b>B</b> This return/report is:	the first return/report	the final return/report				
	an amended return/report	an amended return/report a short plan year return/report (less than 12 months)				
<b>C</b> If the plan is a collectively-bargain	ned plan, check here			•		
<b>D</b> Check box if filing under:	Form 5558	automatic extension	the	e DFVC program		
	special extension (enter description)					
Part II Basic Plan Inform	ation—enter all requested information					
<b>1a</b> Name of plan CONTINUITY PUBLISHING EMPLO	OYEE STOCK OPTION PLAN		1b	Three-digit plan number (PN) ▶	001	
			1c	Effective date of pla 01/01/1999	an	
2a Plan sponsor's name (employer, if for a single-employer plan) Mailing address (include room, apt., suite no. and street, or P.O. Box) City or town, state or province, country, and ZIP or foreign postal code (if foreign, see instructions)				<b>2b</b> Employer Identification Number (EIN) 91-1392856		
Continuity publishing, Inc.			2c	Plan Sponsor's tele number 360-676-0789	•	
119 N COMMERCIAL ST STE 560 BELLINGHAM, WA 98225-4469					e	

## Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including accompanying schedules, statements and attachments, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	01/30/2017	MOLLY TRIMBLE				
HERE	Signature of plan administrator	Date	Enter name of individu	al signing as plan administrator			
SIGN HERE							
HERE	Signature of employer/plan sponsor	Date	Enter name of individu	al signing as employer or plan sponsor			
SIGN HERE							
HERE	Signature of DFE	Date	Enter name of individu	al signing as DFE			
Prepare	's name (including firm name, if applicable) and address (include i	Preparer's telephone number					
For Pap	For Paperwork Reduction Act Notice, see the Instructions for Form 5500.Form 5500 (2016)						

3a	Plan administrator's name and address 🛛 Same as Plan Sponsor	3b Administra	3b Administrator's EIN		
		3c Administra number	<b>3c</b> Administrator's telephone number		
_					
4	If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name, EIN and the plan number from the last return/report:	4b EIN			
а	Sponsor's name	<b>4c</b> PN			
5	Total number of participants at the beginning of the plan year	5	10		
6	Number of participants as of the end of the plan year unless otherwise stated (welfare plans complete only lines <b>6a(1)</b> , <b>6a(2)</b> , <b>6b</b> , <b>6c</b> , and <b>6d</b> ).				
<b>a(</b> 1	1) Total number of active participants at the beginning of the plan year	6a(1)	5		
a(2	2) Total number of active participants at the end of the plan year	6a(2)	3		
b	Retired or separated participants receiving benefits	6b	0		
С	Other retired or separated participants entitled to future benefits	6c	6		
d	Subtotal. Add lines 6a(2), 6b, and 6c	6d	9		
е	Deceased participants whose beneficiaries are receiving or are entitled to receive benefits.	<b>6e</b>	0		
f	Total. Add lines <b>6d</b> and <b>6e</b>	6f	9		
g	Number of participants with account balances as of the end of the plan year (only defined contribution plans complete this item)	6g	9		
h	Number of participants that terminated employment during the plan year with accrued benefits that were less than 100% vested	6h	0		
7	Enter the total number of employers obligated to contribute to the plan (only multiemployer plans complete this item)	7			
_	If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristics Cod 20 If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristics Cod				
9a	Plan funding arrangement (check all that apply) <b>9b</b> Plan benefit arrangement (check all t	(hat apply)			
	(1)Insurance(1)Insurance(2)Code section 412(e)(3) insurance contracts(1)Insurance(3)XTrust(3)X(4)General assets of the sponsor(4)General assets of the	3) insurance contra	acts		

10 Check all applicable boxes in 10a and 10b to indicate which schedules are attached, and, where indicated, enter the number attached. (See instructions)

a Pension Schedules					General Schedules				
(1)	×	R (Retirement Plan Information)		(1)			H (Financial Information)		
(2)		<b>MB</b> (Multiemployer Defined Benefit Plan and Certain Money		(2)	×		I (Financial Information – Small Plan)		
		Purchase Plan Actuarial Information) - signed by the plan		(3)	Π.		A (Insurance Information)		
		actuary		(4)			C (Service Provider Information)		
(3)	Π	SB (Single-Employer Defined Benefit Plan Actuarial		(5)			D (DFE/Participating Plan Information)		
		Information) - signed by the plan actuary		(6)			<b>G</b> (Financial Transaction Schedules)		

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Part III Form M-1 Compliance Information (to be completed by welfare benefit plans)
11a If the plan provides welfare benefits, was the plan subject to the Form M-1 filing requirements during the plan year? (See instructions and 29 CFR 2520.101-2.)
If "Yes" is checked, complete lines 11b and 11c.
11b Is the plan currently in compliance with the Form M-1 filing requirements? (See instructions and 29 CFR 2520.101-2.)
<b>11c</b> Enter the Receipt Confirmation Code for the 2016 Form M-1 annual report. If the plan was not required to file the 2016 Form M-1 annual report, enter the Receipt Confirmation Code for the most recent Form M-1 that was required to be filed under the Form M-1 filing requirements. (Failure to enter a valid Receipt Confirmation Code will subject the Form 5500 filing to rejection as incomplete.)
Receipt Confirmation Code

	SCHEDULE I Financial Information—Small Plan							OMB No. 1210-0110		
	(Form 5500)								0010	
	Department of the Treasury	This schedule is required to be filed under section 104 of the Employee Retirement Income Security Act of 1974 (ERISA), and section 6058(a) of the						2016		
	Internal Revenue Service Department of Labor			e Code (the (		0000(8			This Form is Open to Public	
	Employee Benefits Security Administration	► File as a	an attac	hment to Fo	orm 5500.				Inspection	
For	Pension Benefit Guaranty Corporation calendar plan year 2016 or fiscal pla	l an year beginning 01/01/2016				and endi	ng 12/3	31/20 <sup>-</sup>	16	
Αι	Name of plan				B Thre	e-digit				
CON	ITINUITY PUBLISHING EMPLOYEI	E STOCK OPTION PLAN			plan	number	(PN)	•	001	
C	Plan sponsor's name as shown on li	ne 2a of Form 5500			D Emplo	over Iden	tification	Numł	per (EIN)	
	ITINUITY PUBLISHING, INC.					1-13928		- turn		
	nplete Schedule I if the plan covered all plan under the 80-120 participant r							nplete	e Schedule I if you are filing as a	
	rt I Small Plan Financial		00110040			go plair o				
	port below the current value of asset		ses. tran	sfers and ch	anges in n	et assets	durina th	ne pla	in vear. Combine the value of plan	
ass	ets held in more than one trust. Do r	not enter the value of the portion	n of an i	nsurance cor	ntract that	guarante	es during	this j	plan year to pay a specific dollar	
	efit at a future date. Include all incor urance carriers. Round off amounts		cluding a	any trust(s) o	or separate	ly mainta	uned fund	d(s) a	nd any payments/receipts to/from	
1	Plan Assets and Liabilities:			(a)	Beginning	of Year			(b) End of Year	
а	Total plan assets		1a			5329	5		53295	
b	Total plan liabilities		1b				C		0	
С	Net plan assets (subtract line 1b fr	om line 1a)	1c			5329	5	53295		
2	Income, Expenses, and Transfer	s for this Plan Year:			(a) Amount				<b>(b)</b> Total	
а	Contributions received or receivab									
	(1) Employers					(	C			
	., .						C			
ь.	() () () () () () () () () () () () () (		. ,				)	-		
b	Noncash contributions						)			
c d	Other income Total income (add lines 2a(1), 2a(2						)		0	
e	Benefits paid (including direct rollo	,. ( ) ,	-				<u></u>		0	
f	Corrective distributions (see instru-		2e		0					
g	Certain deemed distributions of pa	,			0					
Ŭ	(see instructions)		2g				C			
h	Administrative service providers (s commissions)		2h				C			
i	Other expenses		-				)			
i	Total expenses (add lines 2e, 2f, 2						-		0	
, k	Net income (loss) (subtract line 2)								0	
I	Transfers to (from) the plan (see in		21						0	
3	Specific Assets: If the plan held as	,		y of the follow	ing categor	ries, chec	k "Yes" ar	nd ente	· · · · ·	
	remaining in the plan as of the end of line-by-line basis unless the trust mee					gled trust	containing	g the a	assets of more than one plan on a	
	แก่ง มั้น แต่ การาย การาย แก่ การาย การาย		Geochipe		000113.	Yes	No		Amount	
а	Partnership/joint venture interests				3a		Х			
b	Employer real property						X			
<ul> <li>C Real estate (other than employer real property)</li> </ul>							X			
d	Employer securities	,				х	~		53295	
ē	Participant loans					^	Х		00200	
f	Loans (other than to participants)						X			
g	Tangible personal property						X			
5	• • • • •	the lustimetions for Fer			- 3	1	~	l	Sahadula I (Farm 5500) 2010	

Pa	art II Compliance Questions					
4	During the plan year:		Yes	No	Amount	
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until fully corrected. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		X		
b		4b		x		
C	Were any leases to which the plan was a party in default or classified during the year as uncollectible?	4c		X		
d	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 4a.)	4d		X		
е	Was the plan covered by a fidelity bond?	4e	Х		1	00000
f	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	4f		х		
g	Did the plan hold any assets whose current value was neither readily determinable on an established market nor set by an independent third party appraiser?	4g		x		
h	Did the plan receive any noncash contributions whose value was neither readily determinable on an established market nor set by an independent third party appraiser?	4h		х		
i	Did the plan at any time hold 20% or more of its assets in any single security, debt, mortgage, parcel of real estate, or partnership/joint venture interest?	4i	x			53295
j	Were all the plan assets either distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?	4j		x		
k	Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA) under 29 CFR 2520.104-46? If "No," attach an IQPA's report or 2520.104-50 statement. (See instructions on waiver eligibility and conditions.)	4k	X			
Т	Has the plan failed to provide any benefit when due under the plan?	41		Х		
m	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	4m		X		
n	If 4m was answered "Yes," check the "Yes" box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	4n				
0	Defined Benefit Plan or Money Purchase Pension Plan Only: Were any distributions made during the plan year to an employee who attained age 62 and had not separated from service?	40		x		
5a	Has a resolution to terminate the plan been adopted during the plan year or any prior plan year	?	_	_		
5b	If "Yes," enter the amount of any plan assets that reverted to the employer this year If, during this plan year, any assets or liabilities were transferred from this plan to another plan( transferred. (See instructions.)	-				-
	5b(1) Name of plan(s)				5b(2) EIN(s)	5b(3) PN(s)
	If the plan is a defined benefit plan, is it covered under the PBGC insurance program (See ERIS If "Yes" is checked, enter the My PAA confirmation number from the PBGC premium filing for thi					etermined. e instructions.)
Ра	art III Trust Information					
6a	Name of trust				6b Trust's EIN	
6c	Name of trustee or custodian 6	d Trus	stee's c	r custodia	n telephone number	

SCHEDULE R Retirement Plan Information					OMB No. 1210-0110				
(Form 5500) Department of the Treasury This schedule is required to be filed under sections 104 and 4065 of the							201	6	
Internal Revenue Service Employee Retirement Income Security Act of 19/4 (ERISA) and section									
Department of Labor       Employee Benefits Security Administration         Pension Benefit Guaranty Corporation       File as an attachment to Form 5500.						This Fo	orm is O Inspec		Public
	alendar plan year 2016 or fiscal p	lan year beginning 01/01/2016 and er			2/31/2	2016			
	ime of plan TINUITY PUBLISHING EMPLOYI	EE STOCK OPTION PLAN	В	Three- plan r (PN)		er ▶	C	01	
	C Plan sponsor's name as shown on line 2a of Form 5500 CONTINUITY PUBLISHING, INC. D Emp 91-1						ion Numł	oer (EII	۷)
Pa	art I Distributions								
All re	eferences to distributions relate	only to payments of benefits during the plan year.							
		property other than in cash or the forms of property specified in the			1				0
	Enter the EIN(s) of payor(s) who payors who paid the greatest doll EIN(s):	paid benefits on behalf of the plan to participants or beneficiaries duri ar amounts of benefits):	ng th	ie year (	if mor	e than t	wo, entei	r EINs o	of the two
l	Profit-sharing plans, ESOPs, a	nd stock bonus plans, skip line 3.							
		deceased) whose benefits were distributed in a single sum, during the			3				
Pa	Funding Informa ERISA section 302, sk	<b>tion</b> (If the plan is not subject to the minimum funding requirements ip this Part.)	of se	ection of	412 c	of the In	ternal Re	venue	Code or
<b>4</b> I	Is the plan administrator making an	election under Code section 412(d)(2) or ERISA section 302(d)(2)?				Yes		No	N/A
	If the plan is a defined benefit p	plan, go to line 8.							
	plan year, see instructions and er	g standard for a prior year is being amortized in this nter the date of the ruling letter granting the waiver. <b>Date:</b> Mont				у		′ear	
_		te lines 3, 9, and 10 of Schedule MB and do not complete the rer		der of th	nis sc	hedule			
6 a	•	ontribution for this plan year (include any prior year accumulated fund	•		6a				
I	<b>b</b> Enter the amount contributed	by the employer to the plan for this plan year			6b				
C		o from the amount in line 6a. Enter the result of a negative amount)			6c				
	If you completed line 6c, skip li	nes 8 and 9.			_		_		_
<b>7</b> V	Vill the minimum funding amount	reported on line 6c be met by the funding deadline?				Yes		No	N/A
;	authority providing automatic app	od was made for this plan year pursuant to a revenue procedure or o roval for the change or a class ruling letter, does the plan sponsor or ige?	plan		Π	Yes	Π	No	X N/A
	rt III Amendments	90							
9	If this is a defined benefit pensior year that increased or decreased	plan, were any amendments adopted during this plan the value of benefits? If yes, check the appropriate	ase	Π	Decre	ase	Bot	'n	X No
-		tions). If this is not a plan described under Section 409(a) or 4975(e)(	7) of	the Inte	rnal R	evenue	Code, s	kip this	Part.
10		urities or proceeds from the sale of unallocated securities used to repair						Yes	X No
11		eferred stock?	-				Ē	Yes	X No
	<b>b</b> If the ESOP has an outstand	ling exempt loan with the employer as lender, is such loan part of a "ton of "back-to-back" loan.)	back-	-to-back'	' loan	?	Γ	Yes	No
12	Does the ESOP hold any stock th	at is not readily tradable on an established securities market?						Yes	No
		e, see the Instructions for Form 5500.						Form 5	500) 2016

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Pa	rt \	Additional Information for Multiemployer Defined Benefit Pension Plans							
13		Inter the following information for each employer that contributed more than 5% of total contributions to the plan during the plan year (measured in dollars). See instructions. Complete as many entries as needed to report all applicable employers.							
	а	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							
	а	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							
	а	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							
	а	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							
	a	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							
	а	Name of contributing employer							
	b	EIN C Dollar amount contributed by employer							
	d	Date collective bargaining agreement expires (If employer contributes under more than one collective bargaining agreement, check box and see instructions regarding required attachment. Otherwise, enter the applicable date.) Month Day Year							
	e	Contribution rate information (If more than one rate applies, check this box and see instructions regarding required attachment. Otherwise, complete lines 13e(1) and 13e(2).)         (1)       Contribution rate (in dollars and cents)         (2)       Base unit measure:         Hourly       Weekly         Unit of production       Other (specify):							

Schedule R	(Form	5500	2016
Schedule R		5500	2010

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14	Enter the number of participants on whose behalf no contributions were made by an employer as an employer of the participant for:						
	a The current year	_ 14a					
	<b>b</b> The plan year immediately preceding the current plan year	14b					
	C The second preceding plan year	14c					
15	Enter the ratio of the number of participants under the plan on whose behalf no employer had an obligation to ma employer contribution during the current plan year to:	ake an					
	a The corresponding number for the plan year immediately preceding the current plan year	_ 15a					
	<b>b</b> The corresponding number for the second preceding plan year	15b					
16	Information with respect to any employers who withdrew from the plan during the preceding plan year:						
	a Enter the number of employers who withdrew during the preceding plan year	_ 16a					
	<b>b</b> If line 16a is greater than 0, enter the aggregate amount of withdrawal liability assessed or estimated to be assessed against such withdrawn employers	16b					
17	If assets and liabilities from another plan have been transferred to or merged with this plan during the plan year, o supplemental information to be included as an attachment.						
Pa	art VI Additional Information for Single-Employer and Multiemployer Defined Benef	it Pension Plans					
18	If any liabilities to participants or their beneficiaries under the plan as of the end of the plan year consist (in whole and beneficiaries under two or more pension plans as of immediately before such plan year, check box and see in information to be included as an attachment	nstructions regarding supplemental					
19	<ul> <li>If the total number of participants is 1,000 or more, complete lines (a) through (c)</li> <li>a Enter the percentage of plan assets held as: Stock:% Investment-Grade Debt:% High-Yield Debt:% Real Estate:%</li> <li>b Provide the average duration of the combined investment-grade and high-yield debt: 0-3 years 3-6 years 6-9 years 9-12 years 12-15 years 15-18 years 18-</li> <li>c What duration measure was used to calculate line 19(b)? Effective duration Macaulay duration Modified duration Other (specify):</li> </ul>	_% Other:% 21 years					
Pa	art VII IRS Compliance Questions						
	<b>20a</b> Is the plan a 401(k) plan? If "No," skip b       Image: No <b>20b</b> How did the plan satisfy the nondiscrimination requirements for employee deferrals under section 401(k)(3) for the plan year? Check all that apply:       Image: Design-based safe harbor       "Prior year" ADP test         Image: NA       Image: NA						
21	21a What testing method was used to satisfy the coverage requirements under section 410(b) for the plan year? Check all that apply: Average benefit test N/A						
21	<b>21b</b> Did the plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) for the plan year by combining this plan with any other plan under the permissive aggregation rules?						
22	a If the plan is a master and prototype plan (M&P) or volume submitter plan that received a favorable IRS opinion the letter/ and the serial number	letter or advisory letter, enter the date of					
22	22b If the plan is an individually-designed plan that received a favorable determination letter from the IRS, enter the date of the most recent determination letter/						