For	rm 5500-SF	Short Form Annual Return/Report of Small Emplo Benefit Plan				OMB Nos. 1210-0110 1210-0089					
Department of the Treasury Internal Revenue Service		Benefit Plan This form is required to be filed under sections 104 and 4065 of the Employee F			etirement	2016					
Department of Labor         Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058           Employee Benefits Security Administration         Revenue Code (the Code).						This Form is Open to Public Inspection					
	enefit Guaranty Corporation	500-SF.	1 ubii	e inspection							
Part I	Annual Report Ic	dentification Information al plan year beginning 01/01/20	16	and ending 12	2/31/2016						
		a single-employer plan		an (not multiemployer) (		king this how	must attach a				
A This ref	turn/report is for:	a one-participant plan		nployer information in ac		-					
<b>B</b> This retu	urn/report is	the first return/report									
	L	an amended return/report	onths)								
C Check	box if filing under:	Form 5558	automatic extension		DFVC p	rogram					
	[										
Part II		mation—enter all requested info	ormation								
<b>1a</b> Name JOHN CAIO		K PROFIT SHARING PLAN TRUS	ST		1b Thre plan (PN)	number	001				
					1c Effective date of plan 01/01/2016						
Mailing	g address (include room,	er, if for a single-employer plan) apt., suite no. and street, or P.O. country, and ZIP or foreign postal		ructions)	2b Employer Identification Number (EIN) 83-0460574						
	LA & COMPANY INC		r code (il loreign, see liisti		2c Sponsor's telephone number 518-610-2722						
206 OLD GALE HILL RD EAST CHATHAM, NY 12060						2d Business code (see instructions) 812990					
<b>3a</b> Plan a	dministrator's name and	address X Same as Plan Spons	sor.		<b>3b</b> Admi	inistrator's E	EIN				
					<b>3c</b> Admi	inistrator's t	elephone number				
name	, EIN, and the plan numb	blan sponsor has changed since the point of the last return/report.	ne last return/report filed f	or this plan, enter the	4b EIN						
	or's name				4c PN 5a						
5a Total number of participants at the beginning of the plan year							2				
<ul><li>b Total number of participants at the end of the plan year.</li><li>c Number of participants with account balances as of the end of the plan year (only defined contribution plans</li></ul>					5b 5c						
complete this item)							2				
d(1) Total number of active participants at the beginning of the plan year					5d(1) 5d(2)		2				
<ul> <li>d(2) Total number of active participants at the end of the plan year</li> <li>e Number of participants that terminated employment during the plan year with accrued benefits that were less than 100% vested</li> </ul>					5e		C				
		incomplete filing of this return/			use is esta	blished.					
Under pena SB or Sche	alties of perjury and othe	r penalties set forth in the instruct signed by an enrolled actuary, as	ions, I declare that I have	examined this return/re	port, includi	ng, if applic	able, a Schedule knowledge and				
SIGN	Filed with authorized/va	lid electronic signature.	07/31/2017	MARK CAIOLA	individual signing as plan administrator						
HERE	Signature of plan adr	ministrator	Date	Enter name of individ							
SIGN HERE											
		ure of employer/plan sponsor Date Enter name of individu cluding firm name, if applicable) and address (include room or suite number )					vidual signing as employer or plan sponsor Preparer's telephone number				
Fieparers		ne, il applicable) and address (inc		51)	Fieparers		number				

6a	a Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.)								
b	Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA)								
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)								
c	If you answered "No" to either line 6a or line 6b, the plan cannot use Form 5500-SF and must instead use Form 5500. C If the plan is a defined benefit plan, is it covered under the PBGC insurance program (see ERISA section 4021)? Yes No Not determined								
	· · ·	isulance p		CIIOT 402	- 1): .		163		
Ра	Part III Financial Information								
7	Plan Assets and Liabilities		(a) Beginning o			(b) End of Year			
а	Total plan assets	7a		0					7666
b	Total plan liabilities	7b		0			0		
C	Net plan assets (subtract line 7b from line 7a)	7c		0					7666
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	t	(b)				Total
а	Contributions received or receivable from:			3440					
	(1) Employers	8a(1)		4116	_				
	(2) Participants	8a(2)			_				
	(3) Others (including rollovers)	8a(3)		0	_				
b	Other income (loss)	8b		131	_				
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							7687
d	Benefits paid (including direct rollovers and insurance premiums	<b>L</b> 0		0					
	to provide benefits)	8d		0					
	Certain deemed and/or corrective distributions (see instructions).	8e		21					
f	Administrative service providers (salaries, fees, commissions)	8f		0	_				
<u> </u>	Other expenses	8g		0	_				
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h							21
<u> </u>	Net income (loss) (subtract line 8h from line 8c)	8i							7666
j	Transfers to (from) the plan (see instructions)	8j		0					
Pa	Part IV Plan Characteristics								
<b>9a</b> If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2F 2G 2J 2K 2T 3D									
<b>b</b> If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:									
Part V Compliance Questions									
10	During the plan year:					No	N/A		Amount
а	Was there a failure to transmit to the plan any participant contribu	itions withi	n the time period						

					Anount
Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)	10a		x		
Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		Х		
Was the plan covered by a fidelity bond?	10c		Х		
Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		Х		
Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)	10e		х		
Has the plan failed to provide any benefit when due under the plan?	10f		Х		
Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)	10g		Х		
If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		Х		
If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i				
	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)         Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)         Was the plan covered by a fidelity bond?         Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?         Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)         Has the plan failed to provide any benefit when due under the plan?         Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)         If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)         If 10h was answered "Yes," check the box if you either provided the required notice or one of the	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)10aWere there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)10bWas the plan covered by a fidelity bond?10cDid the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?10dWere any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)10fDid the plan have any participant loans? (If "Yes," enter amount as of year-end.)10gIf this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)10hIf 10h was answered "Yes," check the box if you either provided the required notice or one of the10h	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)10aWere there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)10bWas the plan covered by a fidelity bond?10cDid the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?10dWere any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)10fDid the plan have any participant loans? (If "Yes," enter amount as of year-end.)10gIf this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)10h	Was there a failure to transmit to the plan any participant contributions within the time period       x         Was there any nonexempt transactions with any party-in-interest? (Do not include transactions       10a       x         Were there any nonexempt transactions with any party-in-interest? (Do not include transactions       10b       x         Was the plan covered by a fidelity bond?       10c       x         Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?       10d       x         Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service, or other organization that provides some or all of the benefits under the plan? (See instructions.)       10f       x         Has the plan have any participant loans? (If "Yes," enter amount as of year-end.)       10g       x         If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)       10h       x	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)

Part	VI	Pension Funding Compliance						
11		is a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and co m 5500) and line 11a below)						Yes 🗙 No
11a	Ente	er the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a			
12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section								Yes 🗙 No
		SA? Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)						
а	,	valver of the minimum funding standard for a prior year is being amortized in this plan year, see instr	uctior	ns, and	d enter t	he date	of the lett	er ruling
	gran	ting the waiver	onth_		_ Day		_ Year	
lf	you c	ompleted line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 1	3.					
b	Enter	the minimum required contribution for this plan year			12b			
С	Enter	the amount contributed by the employer to the plan for this plan year			12c			
d		tract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the le ative amount)			12d			
е	Will	the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	N/A
Part	VII	Plan Terminations and Transfers of Assets						
13a	Has	a resolution to terminate the plan been adopted in any plan year?				Yes	s XI	No
		es," enter the amount of any plan assets that reverted to the employer this year			13a			
b	Wer	e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brough rol of the PBGC?	nt und	er the			Yes	X No
c	lf, d	uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the assets or liabilities were transferred. (See instructions.)			to			
1		Name of plan(s):		13c(2)	EIN(s)		13c(	<b>3)</b> PN(s)
Part	VIII	Trust Information						
14a	Name	e of trust			14b ⊺	Frust's E	IN	
14c Name of trustee or custodian				<b>14d</b> Trustee's or custodian's telephone number				
Par	t IX	IRS Compliance Questions						
15a	Is the	plan a 401(k) plan? If "No," skip b		Yes		[	No	
				gn-based "Prior year" AD harbor test			ear" ADP	
				"Curre ADP t	ent year est	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	N/A	
<b>16a</b> What testing method was used to satisfy the coverage requirements under section 410(b) for the plan year? Check all that apply:					o Average N/A benefit test N/A			
<b>16b</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?							No	
	the le		-			-		
	letter		ter the	e date	of the m	nost rece	ent determ	ination
18	Were	ed Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and had not separce?		from	Ye	s	No	
19	Was	any plan participant a 5% owner who had attained at least age 70 ½ during the prior plan year?			Ye	s	No	