Form 5500	-	t of Employee Benefit Plan		OMB Nos. 12 12	10-0110 10-0089
Department of the Treasury Internal Revenue ServiceThis 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		entries in accordance with ons to the Form 5500.			
Pension Benefit Guaranty Corporation			This	Form is Open to Pu Inspection	ıblic
	entification Information				
For calendar plan year 2016 or fisca	I plan year beginning 01/01/2017	and ending 07/19/20	)17		
A This return/report is for:	a multiemployer plan	a multiple-employer plan (Filers checking the 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	X the final return/report			
·	an amended return/report	a short plan year return/report (less than 12	2 months)	1	
C 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 informatio	n			
<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 Mailing address (include room, a City or town, state or province, c	(if foreign, see instructions)	2b	Employer Identifica Number (EIN) 91-1392856	ition	
Continuity publishing, inc			2c	Plan Sponsor's tele number 360-676-0789	
119 N COMMERCIAL ST STE 560 BELLINGHAM, WA 98225-4469	119 N COM BELLINGH	2d	Business code (see instructions) 511120	Э	

## 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.	08/22/2017	MOLLY TRIMBLE
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator
SIGN HERE	Filed with authorized/valid electronic signature.	08/22/2017	MOLLY TRIMBLE
	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor
SIGN HERE			
HERE	Signature of DFE	Date	Enter name of individual signing as DFE
Preparer	's name (including firm name, if applicable) and address (include r	oom or suite number	er) Preparer's telephone number
HARMC	NIA HUNTINGTON	360-676-0789	
	OMMERCIAL ST STE 560 GHAM, WA 98225-4469		

3a	Plan administrator's name and address $X$ Same as Plan Sponsor	3b Administrator's EIN			
		<b>3c</b> Administrator's telephone number			
4	If the name and/or EIN of the plan sponsor has changed since the last return/re EIN and the plan number from the last return/report:	eport filed for th	is plan, enter the name,	4b EIN	
а	Sponsor's name			4C PN	
5	Total number of participants at the beginning of the plan year			5	8
6	Number of participants as of the end of the plan year unless otherwise stated ( <b>6a(2), 6b, 6c,</b> and <b>6d</b> ).	welfare plans co	omplete only lines <b>6a(1),</b>		
a(1	) Total number of active participants at the beginning of the plan year			6a(1)	3
a(2	Total number of active participants at the end of the plan year			6a(2)	0
b	Retired or separated participants receiving benefits			6b	0
С	Other retired or separated participants entitled to future benefits			6c	0
d	Subtotal. Add lines 6a(2), 6b, and 6c.			6d	0
е	Deceased participants whose beneficiaries are receiving or are entitled to rece	ive benefits		6e	0
f	Total. Add lines 6d and 6e			6f	0
g	Number of participants with account balances as of the end of the plan year (or complete this item)			6g	0
h	Number of participants that terminated employment during the plan year with a less than 100% vested			6h	0
7	Enter the total number of employers obligated to contribute to the plan (only me	ultiemployer pla	ins complete this item)	7	
_	If the plan provides pension benefits, enter the applicable pension feature code 20 If the plan provides welfare benefits, enter the applicable welfare feature codes				
9a		_	fit arrangement (check all tha	at apply)	
	<ul> <li>(1) Insurance</li> <li>(2) Code section 412(e)(3) insurance contracts</li> </ul>	(1) (2)	Insurance Code section 412(e)(3)	insurance co	ntracts
	(3) X Trust	(3)	Trust		in doto
	(4) General assets of the sponsor	oonsor			

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)			н	(Financial Information)	
(2)		<b>MB</b> (Multiemployer Defined Benefit Plan and Certain Money Purchase Plan Actuarial Information) - signed by the plan		(2)	×			(Financial Information – Small Plan)	
		actuary		(3) (4)	-			(Insurance Information) (Service Provider Information)	
(3)		<b>SB</b> (Single-Employer Defined Benefit Plan Actuarial Information) - signed by the plan actuary		(5) (6)				(DFE/Participating Plan Information) (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 Inf	OMB No. 1210-0110							
	(Form 5500)	This schedule is required to	2016							
	Department of the Treasury Internal Revenue Service Department of the Treasury Internal Revenue Service Internal Revenue Code (the Code).							This Form is Open to Public		
	Department of Labor Employee Benefits Security Administration			hment to Form 5500			Inspection			
- Tor	Pension Benefit Guaranty Corporation					07/4		47		
-	calendar plan year 2016 or fiscal pla Name of plan	an year beginning 01/01/2017		<b>B</b> Th	and endi ee-digit	ng 07/1	9/20	17		
		E STOCK OPTION PLAN			n number	(PN)	•	001		
CON	Plan sponsor's name as shown on li ITINUITY PUBLISHING, INC				oloyer Ider 91-13928	56				
	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		
Ра	rt I Small Plan Financial I	Information								
ass ben	port below the current value of asset ets held in more than one trust. Do r efit at a future date. Include all incor urance carriers. <b>Round off amounts</b>	not enter the value of the portion me and expenses of the plan inc	n of an i	nsurance contract that	t guarante	es during	this	plan year to pay a specific dollar		
1	Plan Assets and Liabilities:			<b>(a)</b> Beginnir	ng of Year			(b) End of Year		
а	Total plan assets		1a		5329	5		0		
b	Total plan liabilities		-		5329	5		0		
С	Net plan assets (subtract line 1b fr	,	1c			0	0			
2	Income, Expenses, and Transfer	s for this Plan Year:		<b>(a)</b> Am	ount		(b) Total			
а	Contributions received or receivable									
	(1) Employers				5329	5				
	()		. ,			0	_			
	<b>()</b>		. ,			0				
b	Noncash contributions					0				
ר ה	Other income		2c			0				
d	Total income (add lines 2a(1), 2a(2		-		5000	_	53295			
e f	Benefits paid (including direct rollo Corrective distributions (see instruct		2e 2f		5329		_			
g	Certain deemed distributions of pa	,	21			0				
Э	(see instructions)		2g			D				
h	Administrative service providers (s commissions)		2h			0				
i	Other expenses		2i			0				
j	Total expenses (add lines 2e, 2f, 2	g, 2h, and 2i)	2j					53295		
k	Net income (loss) (subtract line 2j f	from line 2d)	2k					0		
I	Transfers to (from) the plan (see in	structions)	21					0		
3	Specific Assets: If the plan held as remaining in the plan as of the end of line-by-line basis unless the trust mee	the plan year. Allocate the value	of the pla	an's interest in a commi	ories, chec ngled trust Yes	k "Yes" an containing <b>No</b>	nd ente g the a	er the current value of any assets assets of more than one plan on a Amount		
а	Partnership/joint venture interests				100	X		,		
b	Employer real property									
_	Real estate (other than employer r					X				
C L		1 1 27				X				
d	Employer securities				X			0		
e f	Participant loans					X				
י ~	Loans (other than to participants)					X				
g	Tangible personal property			-		X		Schodula I (Form 5500) 2016		

Pa	art II	Compliance Questions							
4	During	g the plan year:		Yes	No		Amount		
а	describ	ere a failure to transmit to the plan any participant contributions within the time period bed in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until rrected. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		Х				
b	Were a close o	Involved to the plan or fixed income obligations due the plan in default as of the if plan year or classified during the year as uncollectible? Disregard participant loans d by the participant's account balance.	4b		X				
С		ny leases to which the plan was a party in default or classified during the year as ctible?	4c		X				
d		here any nonexempt transactions with any party-in-interest? (Do not include ctions reported on line 4a.)	4d		x				
е	Was th	e plan covered by a fidelity bond?	4e	X				100000	
f		plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was by fraud or dishonesty?	4f		X				
g		plan hold any assets whose current value was neither readily determinable on an shed market nor set by an independent third party appraiser?	4g		Х				
h		plan receive any noncash contributions whose value was neither readily inable on an established market nor set by an independent third party appraiser?	4h		X				
i		plan at any time hold 20% or more of its assets in any single security, debt, ge, parcel of real estate, or partnership/joint venture interest?	4i	x				53295	
j		Il the plan assets either distributed to participants or beneficiaries, transferred to r plan, or brought under the control of the PBGC?	4j	x					
k	public a	u claiming a waiver of the annual examination and report of an independent qualified accountant (IQPA) under 29 CFR 2520.104-46? If "No," attach an IQPA's report or 04-50 statement. (See instructions on waiver eligibility and conditions.)	4k	X					
I	Has the	e plan failed to provide any benefit when due under the plan?	41		Х				
m		s an individual account plan, was there a blackout period? (See instructions and 29 520.101-3.)	4m		X				
n		as answered "Yes," check the "Yes" box if you either provided the required notice or the exceptions to providing the notice applied under 29 CFR 2520.101-3	4n						
0	Were a	d Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and t separated from service?	40		Х				
		solution to terminate the plan been adopted during the plan year or any prior plan year		_	_				
		enter the amount of any plan assets that reverted to the employer this year					mount:	53295	
	transferr	g this plan year, any assets or liabilities were transferred from this plan to another plan ed. (See instructions.)	(s), ide	entify the	e plan(s)	to w	1		
	5D(1)	Name of plan(s)					5b(2) EIN(s)	5b(3) PN(	5)
		n is a defined benefit plan, is it covered under the PBGC insurance program (See ERIS s checked, enter the My PAA confirmation number from the PBGC premium filing for th			21.)?			determined. see instruction	s.)
Pa	rt III	Trust Information							
6a	Name o	of trust					6b Trust's EIN		

6C Name of trustee or custodian	6d Trustee's	s or custodian te	elephone number

SC	SCHEDULE R (Form 5500)       Retirement Plan Information         This schedule is required to be filed under sections 104 and 4065 of the					OMB No. 1210-0110					
•							201	6			
	Internal Revenue Service Employee Retirement Income Security Act of 1974 (ERISA) and section										
Employee Be	epartment of Labor nefits Security Administration enefit Guaranty Corporation	Administration File as an attachment to Form 5500.				This Fo	rm is Op Inspect		Public		
	plan year 2016 or fiscal p	lan year beginning 01/01/2017 and e	nding	07	7/19/2	017					
A Name of p CONTINUITY		EE STOCK OPTION PLAN	В	Three-o plan n (PN)		r	00	)1			
	sor's name as shown on li Y PUBLISHING, INC	ine 2a of Form 5500	D	Employ 91-139		entificati	on Numb	er (EIN	)		
Part I	Distributions										
All referenc	es 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		
	who paid the greatest doll	paid benefits on behalf of the plan to participants or beneficiaries duri ar amounts of benefits):	ing th	e year (i	f mor	e than ty	wo, enter	EINs o	f the two		
Profit-s	sharing plans, ESOPs, a	nd stock bonus plans, skip line 3.									
		deceased) whose benefits were distributed in a single sum, during the	•		3						
Part II	Funding Informa ERISA section 302, sk	tion (If the plan is not subject to the minimum funding requirements ip this Part.)	of se	ection of	412 o	f the Int	ernal Rev	enue (	Code or		
4 Is the pla	an administrator making an	election under Code section 412(d)(2) or ERISA section 302(d)(2)?				Yes	<u>л</u>	lo	N/A		
If the p	lan is a defined benefit p	blan, go to line 8.									
		g standard for a prior year is being amortized in this neer the date of the ruling letter granting the waiver. <b>Date:</b> Mont	h		Day	/	Ye	ear			
-		te lines 3, 9, and 10 of Schedule MB and do not complete the rer		der of th	is sc	nedule.					
		ontribution for this plan year (include any prior year accumulated fund	-		6a						
<b>b</b> Ent	er the amount contributed	by the employer to the plan for this plan year			6b						
		o from the amount in line 6a. Enter the result of a negative amount)			6c						
lf you o	completed line 6c, skip li	nes 8 and 9.									
7 Will the	minimum funding amount	reported on line 6c be met by the funding deadline?				Yes		lo	N/A		
authorit	y 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 ge?	plan			Yes		lo	× N/A		
Part III	Amendments	3-									
9 If this is year that	a defined benefit pension at increased or decreased	plan, were any amendments adopted during this plan the value of benefits? If yes, check the appropriate	ase		Decre	ase	Both	1	X No		
Part IV		tions). If this is not a plan described under Section 409(a) or 4975(e)(	(7) of	the Inter	mal R	evenue	Code, sk	ip this	Part.		
		rities or proceeds from the sale of unallocated securities used to rep						Yes	× No		
		eferred stock?						Yes	× No		
<b>b</b> If t	he ESOP has an outstand	ling exempt loan with the employer as lender, is such loan part of a "lon of "back-to-back" loan.)	back-	to-back"	loan	<b>)</b>		Yes	× No		
12 Does th	e ESOP hold any stock th	at is not readily tradable on an established securities market?					×	Yes	No		
		e, see the Instructions for Form 5500.						orm 5	500) 2016		

v. 160205

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Pa	rt \	Additional Information for Multiemployer Defined Benefit Pension Plans							
13		er the following information for each employer that contributed more than 5% of total contributions to the plan during the plan year (measured in lars). 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:							
	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).)       Image: Contribution rate (in dollars and cents)         (1)       Contribution rate (in dollars and cents)       Image: Contribution rate (in dollars and cents)         (2)       Base unit measure:       Hourly       Image: Contribution rate (in dollars and cents)							
	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, c supplemental information to be included as an attachment.						
P	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 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: N/A						
21	21a What testing method was used to satisfy the coverage requirements under section 410(b) for the plan year? Check all that apply:						
21	<b>b</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?	es 🗌 No					
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	<b>b</b> If the plan is an individually-designed plan that received a favorable determination letter from the IRS, enter the letter//	date of the most recent determination					