SEC Form 4	
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FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to
Section 16. Form 4 or Form 5
obligations may continue. See
Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

OMB APPROVAL						
OMB Number:	3235-0287					
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hours per response:	0.5			

1. Name and Address of Reporting Person [*] Maw Scott Harlan		Person*	2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]		ationship of Reporting Pe (all applicable) Director	erson(s) to Issuer 10% Owner			
(Last) 1411 E MISSI	(First) ON AVENUE	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 03/13/2019		Officer (give title below)	Other (specify below)			
(Street) SPOKANE (City)			4. If Amendment, Date of Original Filed (Month/Day/Year)		 6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person 				
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transa Code (8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)		Securities Beneficially	Form: Direct	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code	v	Amount	(A) or (D)	Price	Transaction(s) (Instr. 3 and 4)		(1150.4)
Common Stock	03/13/2019		A ⁽¹⁾		904 ⁽²⁾	Α	\$41.45 ⁽¹⁾	7,973	D	

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) 6. Date Exercisable and Expiration Date (Month/Day/Year) 8. Price of Derivative 9. Number of 1. Title of 7. Title and 3. Transaction 3A. Deemed 5. Number 10. 11. Nature Derivative Security (Instr. 3) Transaction Code (Instr. 8) Conversion Execution Date Amount of derivative Ownership of Indirect Date (Month/Day/Year) of Derivative Securities Security (Instr. 5) or Exercise if anv Securities Form: Beneficial Beneficially Owned Price of Derivative (Month/Day/Year) Securities Underlying Direct (D) Ownership (Instr. 4) or Indirect (I) (Instr. 4) Acquired Derivative (A) or Disposed Following Reported Security Security (Instr. 3 and 4) of (D) (Instr. 3, 4 and 5) Transaction(s) (Instr. 4) Amount o Number Expiration Date of Code ν (A) (D) Exercisable Date Title Shares

Explanation of Responses:

1. Shares issued as an award of stock for Director Compensation. The price per share is the closing price on March 12, 2019.

2. Shares issued as part the Directors annual retainer.

/s/ Scott H. Maw

03/14/2019

Date

** Signature of Reporting Person

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

* If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.