FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, [D.C. 20549
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STATEMENT	OF CHANGES IN	N BENEFICIAL	OWNERSHIP

OMB APPROVAL										
OMB Number:	3235-0287									
Estimated average burden										
hours per response:										

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940 Instruction 1(b).

1. Name and Address of Reporting Person* Schlect Edward David					2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner Officer (give title X Other (specify						
(Last) 1411 E. M	(Firs	,	/liddle)			3. Date of Earliest Transaction (Month/Day/Year) 01/10/2023								below) Strategy Advisor					
(Street) SPOKANI	E WA	. 99	9202		4. If A	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					
(City)	(Sta	te) (Z	(ip)			Person													
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)				Execution Date,		Transaction Disposed Code (Instr.		ties Acquired (A) or Of (D) (Instr. 3, 4 and			Beneficially Owned Following		Form (D) o	: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)				
					Code	v	Amount	(A) or (D)	Pric	е	Reported Transaction(s) (Instr. 3 and 4)				(IIIsti. 4)				
Common Stock - Performance Shares (TSR) 01/				01/10	/2023			М		1,691	A	((1)	17,729			D		
Common Stock - Performance Shares (TSR) 01/10				01/10	/2023		F		498 ⁽²⁾ D \$		\$42	2.26	26 17,231			D			
	Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)																		
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execurity or Exercise (Month/Day/Year) if a		3A. Deen Executio if any (Month/D	n Date,	4. Transaction Code (Instr. 8)		n of I		6. Date Exercisable Expiration Date (Month/Day/Year)		Amount of		of s ng e Secur	[S	3. Price of Derivative Security Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s Illy	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	Amou or Numb of Share	ber					
Conversion of 2020 Performance Shares (TSR)	(1)	01/10/2023			М			1,503	(1)		(1)	Common Stock	1,50	03	(1)	0		D	

Explanation of Responses:

- 1. No conversion price. Shares awarded if performance measure is met.
- 2. Shares withheld to pay income tax on Performance Shares acquired 1/10/23.

/s/Edward D. Schlect 01/12/2023

** Signature of Reporting Person Date

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

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.

 $^{^{\}star}$ 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).