FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

| | OMB APPROVAL | | | | | | | | | |
|---|--------------------------|-----------|--|--|--|--|--|--|--|--|
| | OMB Number: | 3235-0287 | | | | | | | | |
| I | Estimated average burden | | | | | | | | | |
| ١ | hours per response: | 0.5 | | | | | | | | |

| | Check this box if no longer subject |
|--------|-------------------------------------|
| \neg | to Section 16. Form 4 or Form 5 |
| \Box | 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

| City | Name and Address of Reporting Person* The plant on Leave D. | | | | | 2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA] | | | | | | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | | | |
|--|--|--|-------|-----------------|------------|---|--|--|---|--|--|----------|--|----------|--|------------------|---|--|--------------------------|--|--|
| (Street) SPOKANE WA 99202 (City) (State) (Zip) Rule 10b5-1(c) Transaction Indication Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10. Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Language of the Contract of Date (Language of Date of Date (Language of Date of Dat | (Last) | 3. Date of Earliest Transaction (Month/Day/Year) | | | | | | | | _ | X Officer (give title below) Other (specify below) | | | | | specify | | | | | |
| Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) Date (Month/Day/Year) Month/Day/Year) Month/Day/Year) | (Street) | | | | | 4. If Amendment, Date of Original Filed (Month/Day/Year) | | | | | | | | | X Form filed by One Reporting Person Form filed by More than One Reporting | | | | | | |
| 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Mon | (City) (State) (Zip) | | | | | | Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to | | | | | | | | | | | | | | |
| Date (Month/Day/Year) if any (| | | Table | I - No | n-Deriva | tive S | ecur | ities | Acq | uired, | Dis | posed of | , or E | 3enefi | cially | / Owr | ned | | | | |
| Common Stock Code V Amount (A) or (D) Price Transaction(s) (Instr. 3 and 4) | Date | | | | | Execution Date /Year) if any | | | ate, | Transaction Disposed O Code (Instr. 5) | | | es Acquired (A Of (D) (Instr. 3, | | 4 and Secur Benef Owner Follow | | ties cially I ring | Form: Direct (D) or Indirect (I) | | of Indirect Beneficial Ownership | |
| 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) 1. Title of Derivative Security (Instr. 3) 1. Title of Derivative Security (Instr. 3) 2. Conversion or Exercise Price of Derivative Security Securities (Month/Day/Year) 1. Title of Date (Month/Day/Year) 2. Conversion or Exercise Price of Derivative Securities (Month/Day/Year) 1. Title of Date (Month/Day/Year) 2. Transaction Date (Month/Day/Year) 3. Transaction Date (Month/Day/Year) 4. Transaction Code (Instr. 8) Number of Execurities (Month/Day/Year) Derivative Securities Underlying Derivative Security (Instr. 3 and 4) Derivative Security (Instr. 4) Amount or | | | | | | | Code | v | Amount | (A) (D) | or Pric | е | Transa | ction(s) | | | | | | | |
| (e.g., puts, calls, warrants, options, convertible securities) 1. Title of Derivative Security (Instr. 3) (Instr. 3) (Instr. 4) | Common | 2023 | | S | | 3,000 D S | | \$4 | 1.13 | 13 28,274 | | .74 D | | | | | | | | | |
| Derivative Security (Instr. 3) Price of Derivative Security Securitis Security Securitis Security (Instr. 5) Securitis Security (Instr. 4) Securitis Secur | | | | | | | | | | | | | | | | | | | | | |
| | Derivative Security | Conversion or Exercise Price of Derivative | Date | Execu if any | tion Date, | Transac Code (I | | Numl of Deriv Secu Acqu (A) of Dispo of (D) | vative rities nired r osed) | Expiration Date (Month/Day/Year) | | | Amount of Securities Underlying Derivative Security (Instr. 3 and | | Der Sec (Ins | ivative urity | derivative Securities Beneficiall Owned Following Reported Transactio | Owners Form: Direct (or Indir (I) (Inst | m: ect (D) ndirect | 11. Nature of Indirect Beneficial Ownership (Instr. 4) | |

Explanation of Responses:

/s/Jason R. Thackston

06/06/2023

** 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.

^{*} 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).