Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C. 20549
-------------	------------

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

	OMB APPROVAL										
	OMB Number:	3235-0287									
	Estimated average burden										
- 1	hours per response	. 0.5									

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

1. Name and Address of Reporting Person* MEYER DAVID J					2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]										ck all app	,	1	′ 0% Ov			
(Last) (First) (Middle) 1411 E MISSION AVE						3. Date of Earliest Transaction (Month/Day/Year) 08/16/2022									below) below) Vice President						
(Street) SPOKA	NE WA		9202		4. If Amendment, Date of					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					
(City)	(Sta		Zip)	n_Doriva	tivo 9	Socu	ritios	Λ α	uirod	Die	nosod of	or F	Rono	ficiall	v Own	od					
1. Title of Security (Instr. 3) 2. Transa Date			2. Transac	ction 2A. Exer ay/Year) if an		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (ADisposed Of (D) (Instr. 35)		A) or	5. Amo Securi Benefi Owned	5. Amount of Securities Beneficially Owned Following		rect	7. Nature of Indirect Beneficial Ownership				
					Code			v	Amount	(A) (D)	or P	rice		action(s) 3 and 4)			(Instr. 4)				
Common	Stock			08/16/2	2022				S		1,081	Г	\$	644.97	4	,664	D				
Estimated Shares held in 401(k)																6	I]	Shares Held in 401(k) Plan		
Shares Held in Executive Deferral Plan														3,265		I		Shares Held by Trustee			
	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)	rivative Conversion Date Execution Date, T curity or Exercise (Month/Day/Year) if any					Transaction Code (Instr.		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)				De Se (Ir		9. Number of derivative Securities Beneficially Owned Following Reported Transaction((Instr. 4)	Owner Form Direct or Inc (I) (In		Beneficial Ownership (Instr. 4)		
				Code		v	(A)	(D)			Expiration Date	Title	Amou or Numb of Share	ber							

Explanation of Responses:

/s/David J. Meyer

08/16/2022

** 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).