FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPROVAL									
OMB Number:	3235-0287								
OMB Number: Estimated average burd	den								
hours per response:	0.5								

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

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 7								
Name and Address of Reporting Person* Christie Kevin J				2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]										ck all applic Directo			10% Ov	vner	
(Last) 1411 E M	(Firs	,	Middle)		3. Date of Earliest Transaction (Month/Day/Year) 02/02/2023								X	X Officer (give title below) Other (specify below) Senior Vice President					
(Street) SPOKAN (City)	E WA		9202 Zip)		4. If A	Amen	ndment, C	Date of	f Original	I Filed	(Month/Da	y/Year)		6. Ind Line) X	Form fi	led by One led by Mor	Repo	(Check Apporting Person	n
		Table	e I - No	n-Deriv	ative	Sec	curities	Acc	uired.	. Dis	posed o	f. or Be	nefi	cially	Owned				
1. Title of Security (Instr. 3) 2. Tran			2. Transa	ction 2A. Deemed Execution Da		A. Deemed execution Date,		3. 4. Secu			es Acquire	d (A)	or 5. Amour Securitie Beneficia		nt of s ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership	
						Code	v	Amount	(A) or (D)	Pri	ce	Reported Transact (Instr. 3 a	action(s)			(Instr. 4)			
Common Stock - Restricted Shares Grant 2023				02/02/	2023		A		2,929(1) A	\$4	41.98	21,	21,400		D			
Estimated Shares held in 401(k)													3,168.95			I	Shares held in 401(k) Plan		
		Ta	able II -								osed of, convertib				Owned				
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deem Executior if any (Month/Da	n Date,	4. Transa Code (l 8)		on of		6. Date Exercis Expiration Date (Month/Day/Ye:		e	Amount of Securities Underlying Derivative	7. Title and Amount of Securities Underlying Derivative Securi (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	Ow For Direction (I) (I) (II)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa	able	Expiration Date	Title	or	ount nber res					
Performance Shares Grant - 2023	(2)	02/02/2023			A		6,838		(3)		(3)	Common Stock	6,8	338	\$41.98	6,838	3	D	

Explanation of Responses:

- 1. Restricted Shares vest 1/3 each year over a 3-year period and are payable in Avista Corp. Common Stock at the end of each year in the 3-year period.
- 2. No conversion price. Shares awarded if performance measure is met.
- 3. Each performance cycle is 3 years in length. Shares will be issued at the end of each 3-year cycle if performance measure is met.

/s/Kevin J. Christie 02/06/2023

** Signature of Reporting Person Date

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.