## FORM 4

## UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT	OF CHANGES	IN BENEFICIAL	OWNERSHIP

OMB APPRO	JVAL			
OMB Number:	3235-0287			
Estimated average burd	en			
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. Name and Address of Reporting Person*  MEYER DAVID J					2. Issuer Name <b>and</b> Ticker or Trading Symbol AVISTA CORP [ AVA ]								(Check all app Direc		olicable) ctor	g Person(s) to Is	Owner	
(Last) 1411 E M	(Fir	,	Middle)		3. Date of Earliest Transaction (Mont 02/19/2019						ı/Day/Year)		X	Officer (give title Other below) Vice President		(specify		
(Street) SPOKANE WA 99202 (City) (State) (Zip)			4. 11	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indiv Line) X	idual or Joint/Group Filing (Check Applicable  Form filed by One Reporting Person  Form filed by More than One Reporting  Person					
(City)	(50			on-Deriv	/ative	Sec	uritie	s Ac	auirea	d. Di	sposed o	f. or B	enefic	cially	Owne			
1. Title of Security (Instr. 3)  2. Transact Date (Month/Day			ction	ion 2A. Deemed Execution Date,		3. 4. Securities		es Acquired (A) or Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership				
									Code	Code V An		(A) or (D)		!	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)
Common Stock 02/19/2				2019	)19		S		1,437	D	\$41	.3437	437 2,396		D			
Estimated shares held in 401(k) Plan															501.6	I	held by Trustee	
Shares held in IRA															1,142	I	held by Broker	
Shares held in Executive Deferral Plan														2,896.77		I	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)	2. Conversion or Exercise Price of Derivative Security	roise of the property of the p		rative rities ired r osed )	6. Date Expirat (Month)	tion Day/Y		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)  Amount or Number of Title Shares		Deri Seci (Inst	rice of vative urity ir. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)				

**Explanation of Responses:** 

/s/David J. Meyer

02/19/2019

\*\* 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.

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

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