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 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* Christie Kevin J					2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]									eck all applic Directo	cable) or	Person(s) to Iss	wner	
(Last) 1411 E MI	(First) (Middle) E MISSION AVE				3. Date of Earliest Transaction (Month/Day/Year) 01/05/2022								below)	Officer (give title Other (specify below) Senior Vice President				
(Street) SPOKANI (City)			9202			4. If Amendment, Date of Original Filed (Month/Day/Year) 01/07/2022								dividual or Joint/Group Filing (Check Applicable) Compared Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
1. Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date,		3. Transaction Code (Instr.		4. Securities Acquired (A)		d (A) or	5. Amour Securitie Beneficia Owned F	nt of es ally following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership				
								Code	v	Amount	(A) or (D)	Price	Reported Transact (Instr. 3 a	tion(s)		(Instr. 4)		
Common Stock - Performance Shares			01/05	1/05/2022				М		1,904	A	(1)	15,	15,301				
Common Stock - Performance Shares			01/05/2022					F		549 ⁽²⁾	D	\$42.62	2 14,	14,752				
Estimated Shares held in 401(k)												2,966			Shares Held in 401(k) Plan			
	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)	Derivative Conversion Date Execution Security or Exercise (Month/Day/Year) if any							6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s (Instr. 4)	Ownership Form: Direct (D) or Indirect (I) (Instr. 4	Beneficial Ownership (Instr. 4)			
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amount or Number of Shares					
Conversion of 2019 Performance Shares	(1)	01/05/2022			M			2,505	(1)		(1)	Common Stock	2,505	(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 1/5/22.

01/07/2022

** 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.