FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	$D \subset$	20549	
vasilligion,	D.C.	20349	

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL								
OMB Number: 3235-0287								
Estimated average burden								
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

		2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]								k all app	olicable)		rson(s) to Is					
`	,	Middle)		3. Date of Earliest Transaction (Month/Day/Year) 09/14/2021								Officer (give title below)			Other (s below)	specify		
			3727	4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Indi Line) X					
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, if any (Month/Day/Year)						4 and Securiti Benefici Owned		ies cially Following	Form (D) o	n: Direct r Indirect istr. 4)	7. Nature of Indirect Beneficial Ownership			
									v	Amount	(A) (D)	Pri	ce	Transa	ction(s)			(Instr. 4)
Common Stock in Spouse's Plan			09/14/2	4/2021				S		1,000	D	\$4	0.65	0.65 9,248			I	Shares Held by Trustee
ommon Stock												15,270			D			
	Tal	ble II -												Owned	d			
2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	Execut if any	ion Date,		saction of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expirat (Month/	ion Da /Day/Y	te	Amount of Securities Underlying Derivative Security (Ins 3 and 4) Amount or Numl of Of Numl		Derivati Securiti (Instr. 5		derivative Securities Beneficially Owned Following Reported	y	Ownership Form: Direct (D) or Indirect	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
	(Find MISSION AND	MISSION AVE NE WA 9 (State) (3 Table Security (Instr. 3) Stock in Spouse's Plan Stock Tal 2. Conversion or Exercise Price of Derivative (Month/Day/Year)	(First) (Middle) MISSION AVE NE WA 99220-3 (State) (Zip) Table I - No Security (Instr. 3) Stock Table II - Conversion or Exercise Price of Derivative (Month/Day/Year) (Month/Day/Year)	(First) (Middle) MISSION AVE NE WA 99220-3727 (State) (Zip) Table I - Non-Derivation (Month/Da) Security (Instr. 3) 2. Transact (Month/Da) Stock Table II - Derivation (e.g., put (e.g., put (e.g., put (Month/Day/Year)) 3. Transaction (e.g., put (Month/Day/Year)) 3. Transaction (e.g., put (Month/Day/Year))	(First) (Middle) (First) (Middle) MISSION AVE Table I - Non-Derivative Security (Instr. 3) Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Stock Table II - Derivative Sec.g., puts, care (e.g., puts, care) Conversion or Exercise Price of Derivative Security (Month/Day/Year) 2. (State) (Month/Day/Year) 3. 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Explanation of Responses:

/s/ Heidi B. Stanley

09/14/2021

** 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).