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MEYER DAV Form 4 February 12, 2										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL	
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287			
if no longe	r				TAT?	ow		Expires:	January 31, 2005	
subject to Section 16 Form 4 or Form 5 obligations may contin	Section 16(a Public Utili	GES IN BENEFICIAL OWN SECURITIES (a) of the Securities Exchange lity Holding Company Act of restment Company Act of 1940				e Act of 1934, f 1935 or Section	Estimated a burden hou response	average Irs per		
<i>See</i> Instruct 1(b).		,								
(Print or Type Re	esponses)									
1. Name and Ad MEYER DA	2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]				5	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (Middle)		3. Date of Earliest Transaction			(Check all applicable)				
1411 E MISS	(Month/Day/	(Month/Day/Year) 02/11/2019				Director 10% Owner X Officer (give title Other (specify below) below) Vice President				
CDOKANE A	4. If Amendr Filed(Month/	ndment, Date Original h/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 				
SPOKANE, '	WA 99202						Person		1 0	
(City)	(State) (Zip)	Table I	- Non-Der	ivative S	ecurit	ies Acc	uired, Disposed of	, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. D (Month/Day/Year) Execu any (Mont	tion Date, if	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or				SecuritiesIBeneficially0OwnedIFollowing0ReportedTransaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
			Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock - Restricted Share Grant	02/11/2019		A	1,252	A	<u>(1)</u>	3,833	D		
Estimated shares held in 401(k) Plan							501.6	I	held by Trustee	
Shares held by broker							1,142	I	held by broker	
							2,896.77	I		

Shares held
in Executive
Deferral
Account

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. Number onof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day/	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. D S (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Performance Share Grant for 2019	<u>(2)</u>	02/11/2019		А	3,757	(3)	(3)	Common Stock	3,757	•

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
MEYER DAVID J 1411 E MISSION AVE SPOKANE, WA 99202			Vice President				

Signatures

/s/David J. 02/12/2019 Meyer

<u>**</u>Signature of Reporting Person

Date

Explanation of Responses:

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).

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- (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.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.