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AVISTA CORI Form 4	P											
February 06, 20)17											
FORM -	4	татро	SECUDI	CIEC AN	DEVCI	TANI	CE CO	MMISSION		PROVAL		
	- UNITED S	IAIES		ington, D			GE CU	WIWIISSION	OMB Number:	3235-0287		
Check this b if no longer									January 31, 2005			
subject to Section 16. Form 4 or Form 5	F CHANGES IN BENEFICIAL OWNERSHIP C SECURITIES Section 16(a) of the Securities Exchange Act of 1934						Expires: 20 Estimated average burden hours per response (
obligations may continu <i>See</i> Instructi 1(b).	e. Section 17(a)) of the]		ty Holdin	ng Comp	any A	Act of 1	935 or Section				
(Print or Type Res	ponses)											
1. Name and Address of Reporting Person <u>*</u> Rosentrater Heather Lynn								ssuer	elationship of Reporting Person(s) to er (Check all applicable)			
(Last)	(First) (M	iddle)	3. Date of Earliest Transaction (Cne					(Check	an applicable)		
1411 E. MISSION AVENUE							Director 10% Owner _XOfficer (give title Other (specify below) below) Vice President					
				Ionth/Day/Year) A				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person				
SPOKANE, W	A 99202						P	Form filed by Me erson	ore than One Re	porting		
(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned											
1.Title of Security (Instr. 3)	2. Transaction Date 2A. De (Month/Day/Year) Executi any (Month			Code (Instr. 8)	(A) or			5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Ownership Indirect Form: Beneficial	Beneficial Ownership		
Common				Code V	Amount	(D)	Price	(,				
Stock - Performance Shares	02/02/2017			М	891	A	<u>(1)</u>	8,205	D			
Common Stock - Performance Shares	02/02/2017			F	264 <u>(2)</u>	D	\$ 38.42	7,941	D			
Shares held in 401(k) Plan								5.7868	I	held by Trustee		

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

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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)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. P Der Secu (Ins
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Conversion of 2014 Performance Shares related to CEPS	<u>(1)</u>	02/02/2017		М	550	<u>(1)</u>	(1)	Common Stock	550	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Rosentrater Heather Lynn 1411 E. MISSION AVENUE SPOKANE, WA 99202			Vice President				
Signatures							
/o/II.oothow I							

/s/Heather L. 02/06/2017 Rosentrater **Signature of Reporting 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).
- Each performance share represents a contingent right to receive a share of Avista Common Stock upon achieving a specified performance (1)measure.

Person

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(2) Shares withheld to pay income tax on Performance Shares acquired 2/2/17.

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.