AVISTA CORP Form 4 January 06, 2014

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

2. Issuer Name and Ticker or Trading

OMB APPROVAL OMB

3235-0287 Number:

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

Estimated average burden hours per

response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

may continue.

KENSOK JAMES M			Symbol AVISTA CORP [AVA]					*5	Issuer (Check all applicable)		
(Last) (First) (Middle) 1411 E MISSION AVENUE			3. Date of Earliest Transaction (Month/Day/Year) 01/02/2014						Director 10% Owner Officer (give title Other (specify below)		
(Street) SPOKANE, WA 99202			4. If Amendment, Date Original Filed(Month/Day/Year)						Vice President 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	Year) Execut any	eemed ion Date, if n/Day/Year)	Code (Instr. 8	3)	4. Securi on(A) or Di (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Stock - 2011 Restricted Share Award	01/02/2014			F		142 (1)	D	\$ 27.85	6,886	D	
Common Stock - 2012 Restricted Share Award	01/02/2014			F		142 (2)	D	\$ 27.85	7,177	D	

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Common Stock -

 $\frac{2013}{\text{Restricted}}$ 01/02/2014 F $\frac{(3)}{27.85}$ D $\frac{\$}{27.85}$ 7,469 D

Share Award

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

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 control number.

SEC 1474

(9-02)

8. Price of

Derivative

Security

(Instr. 5)

9. Nu

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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 3. Transaction Date 3A. Deemed 5. 6. Date Exercisable and 7. Title and Derivative Conversion (Month/Day/Year) Execution Date, if TransactionNumber **Expiration Date** Amount of Security or Exercise Code of (Month/Day/Year) Underlying Price of Securities (Instr. 3) (Month/Day/Year) (Instr. 8) Derivative (Instr. 3 and 4) Derivative Securities Security Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) Amount

Date Expiration or Number Exercisable Date Shares

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

KENSOK JAMES M 1411 E MISSION AVENUE SPOKANE, WA 99202

Vice President

Signatures

/s/James M. 01/06/2014 Kensok

**Signature of Date
Reporting Person

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) Shares sold to pay income taxes on final 1/3 of 2011 restricted shares that vested on January 2, 2014.
- (2) Shares sold to pay income taxes on second 1/3 of 2012 restricted shares that vested on January 2, 2014.
- (3) Shares sold to pay income taxes on first 1/3 of 2013 restricted shares that vested on January 2, 2014.

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.