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AVISTA COR Form 4										
January 11, 201	Л								OMB AF	PROVAL
	UNITED	STATES		TIES AN			GE CO	MMISSION	OMB Number:	3235-0287
Check this box if no longer subject to Section 16. Form 4 or				ES IN BENEFICIAL OWNE ECURITIES					Expires: Estimated a burden hour response	•
Form 5 obligations may continu <i>See</i> Instructi 1(b).	e. Section 17(a	a) of the		ty Holdin	ig Comp	any A	Act of 1	Act of 1934, 935 or Section		
(Print or Type Res	ponses)									
1. Name and Add KENSOK JAN	ress of Reporting I MES M	Person <u>*</u>	2. Issuer N Symbol AVISTA (ading		. Relationship of I ssuer		
(Mont								(Check all applicable) Director 10% Owner Officer (give title Other (specify below) below) Vice President		
(Street) 4. If Amendr Filed(Month/			/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
SPOKANE, W	/A 99202						Po	Form filed by Mo erson	ore than One Rep	porting
(City)	(State)	(Zip)	Table I	- Non-Deri	ivative Se	curiti	es Acqui	red, Disposed of,	or Beneficiall	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date, if any (Month/Day/Year)		3. 4. Securities Acquire Transactior(A) or Disposed of (I Code (Instr. 3, 4 and 5) (Instr. 8) (A) or			d of (D)	Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock - Performance Shares	01/09/2017			Code V	Amount 3,749		Price (1)	(Instr. 3 and 4) 16,599	D	
Common Stock - Performance Shares	01/09/2017			F	1,104 (2)	D	\$ 39.02	15,495	D	

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)

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required to respond unless the form displays a currently valid OMB control number.

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. Transactic Code (Instr. 8)	5. Number onof Derivatives Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exer Expiration D (Month/Day/	ate	7. Title and A Underlying S (Instr. 3 and	Securities	8. D So (I
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Conversion of 2014 Performance Shares	<u>(1)</u>	01/09/2017		М	3,150	<u>(1)</u>	<u>(1)</u>	Common Stock	3,150	

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							
/a/Iamaa M							

Kensok	01/11/2017			
<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).
- (1) Each performance share represents a contingent right to receive a share of Avista Common Stock upon achieving a specified performance measure.
- (2) Shares withheld to pay income tax on Performance Shares acquired 1/09/17.

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.