AVISTA CORP Form 4 February 07, 2014

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB APPROVAL

OMB 3235-0287 Number:

January 31, Expires: 2005

Estimated average burden hours per response... 0.5

5. Relationship of Reporting Person(s) to

if no longer subject to Section 16. Form 4 or Form 5

obligations

may continue.

See Instruction

Check this box

SECURITIES 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

2. Issuer Name and Ticker or Trading

1(b).

Plan

(Print or Type Responses)

1. Name and Address of Reporting Person *

Vermillion Dennis P				Symbol			rading	Issuer					
	(Last)	(First)	(Mid	dle)	AVISTA CORP [AVA] 3. Date of Earliest Transaction					(Check all applicable)			
1411 E MISSION AVENUE				(Month/Day 02/06/201	The state of the s			Director 10% Owner X Officer (give title Other (specify below) sVP/President of Avista Utilit					
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person				
SPOKANE, WA 99202									Form filed by More than One Reporting Person				
	(City)	(State)	(Zi	p)	Table 1	I - Non-Der	ivative Se	curiti	es Acq	uired, Disposed o	f, or Beneficial	ly Owned	
S	.Title of Security Instr. 3)	(Month/Day/Year) Execution any				3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
,	Common					Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
S	Stock - Restricted Shares	02/06/2014				A	3,875	A	<u>(1)</u>	26,566	D		
4	Common Stock held in 101(k) nvestment									9,121.484	I	held by Trustee	

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

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SEC 1474 (9-02)

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)	Transactio Code (Instr. 8)		5. Number of or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Performance Grant for 2014	(2)	02/06/2014		A		11,625		(3)	(3)	Common Stock	11,625

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

Vermillion Dennis P 1411 E MISSION AVENUE SPOKANE, WA 99202

SVP/President of Avista Utilit

Signatures

/s/Dennis P. 02/07/2014 Vermillion

**Signature of Reporting Date
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).
- (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.

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