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Cavallaro F Form 4 February 29										
FORM	ЛΔ								APPROVAL	
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287	
Check this box if no longer CHATENALENCE OF CHAN						Expires:	January 31, 2005			
subject Section Form 4	NGES IN SECUF		Estimated burden ho response	average urs per						
Form 5	Filed put	suant to S	Section	16(a) of th	e Securi	ties Excha	nge Act of 1934	•	0.0	
obligatio may cor <i>See</i> Inst 1(b).	tinue.			•	•	npany Act ny Act of 1	of 1935 or Sect 940	ion		
(Print or Type	Responses)									
1. Name and Cavallaro H	Address of Reporting Frank A.	Person *	Symbol	er Name and BLIC FIR		Trading	Issuer	of Reporting Pe		
			[FRBK	[]			(Check all applicable)			
(Last) 50 S. 16TH	(First) (1	Middle) E 2400		of Earliest T Day/Year) 2012	ransaction		Director X Officer (g below)		% Owner her (specify	
	(Street)				ata Oniaina	1				
	(Succi)			endment, Da onth/Day/Yea	-	Ш	Applicable Line) _X_ Form filed b	Joint/Group Fil	Person	
PHILADE	LPHIA, PA 19102	2					Person	More than One R	Reporting	
(City)	(State)	(Zip) Table I - Non-Derivative Securities Acquired, Disposed of,							ally Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. Deemed Execution Date, if any (Month/Day/Year)		TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)					
				Code V	Amount	(D) Price	(Instr. 3 and 4)			
Reminder: Re	port on a separate line	e for each cl	ass of sec	urities benet	ficially ow	ned directly of	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (or Dispose (D) (Instr. 3, 4 and 5)	ed of				
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Purchase Common Stock	\$ 1.95	02/28/2012		А		15,000		02/28/2016	02/28/2022	Common Stock	15,000

Reporting Owners

Reporting Owner Name / Addi	ress		Relationships	
FoB o	Director	10% Owner	Officer	Other
Cavallaro Frank A. 50 S. 16TH STREET SUITE 2400 PHILADELPHIA, PA 1910	02		Chief Financial Officer	
Signatures				
/s/ Frank A.	02/29/2012			

Cavallaro

Date

**Signature of 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).

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. br>1411 E MISSION AVE SPOKANE, WA 99202 Chairman President and CEO

Signatures

/s/Scott L. 01/11/2017 Morris

**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). **
- Each performance share represents a contingent right to receive a share of Avista Common Stock upon achieving a specified performance (1) measure.

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(2) Shares withheld to pay income tax on Performance Shares acquired 1/09/17.

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