

AVISTA CORP
Form 4
August 21, 2008

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF 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

(Print or Type Responses)

1. Name and Address of Reporting Person *
ANDERSON ERIK J

(Last) (First) (Middle)
1411 E MISSION AVE
(Street)
SPOKANE, WA 99202

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
AVISTA CORP [AVA]

3. Date of Earliest Transaction
(Month/Day/Year)
08/20/2008

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)

6. Individual or Joint/Group Filing(Check Applicable Line)

Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
				Code V	Amount (A) or (D) Price		
Common Stock	08/20/2008			M	3,000 A \$ 20.11	14,997	D
Common Stock	08/20/2008			S	3,000 D \$ 23.25	11,997	D
Common Stock	08/20/2008			M	3,000 A \$ 15.88	14,997	D
Common Stock	08/20/2008			S	3,000 D \$ 23.25	11,997	D
Common Stock	08/20/2008			M	3,000 A \$ 12.41	14,997	D
	08/20/2008			S	3,000 D	11,997	D

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Common Stock \$ 23.25

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. Transaction Code (Instr. 8)	5. Number of 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)	8. Amount or Number of Shares
Exercise of Stock Option	\$ 20.11	08/20/2008		M	3,000	<u>(1)</u> 05/10/2011	Common Stock	3,000
Exercise of Stock Option	\$ 15.88	08/20/2008		M	3,000	<u>(3)</u> 05/09/2012	Common Stock	3,000
Exercise of Stock Option	\$ 12.41	08/20/2008		M	3,000	<u>(4)</u> 05/08/2013	Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ANDERSON ERIK J 1411 E MISSION AVE SPOKANE, WA 99202		X		

Signatures

/s/ Erik J. Anderson 08/21/2008

**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) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 3,000 options were granted on 05/10/2001.
 - (2) Total reflects the number of derivative securities remaining under this particular option grant.
 - (3) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 3,000 options were granted on 05/09/2002.
 - (4) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 3,000 options were granted on 05/08/2003.

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.