

Thoren Diane C  
Form 4  
August 31, 2010

**FORM 4**

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

OMB APPROVAL

OMB Number: 3235-0287  
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**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 \*  
Thoren Diane C

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)  
1411 E. MISSION AVENUE  
  
(Street)

3. Date of Earliest Transaction (Month/Day/Year)  
08/31/2010

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

SPOKANE, WA 99202

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

(City) (State) (Zip)

**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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(D)	Price
Common Stock - 2001 Option Grant	08/31/2010		M <sup>(1)</sup>		2,600	A	\$ 11.8
Common Stock - 2001 Option Grant	08/31/2010		S		2,600	D	\$ 20.8745
Common Stock held in 401(k) Plan							4,152
Common Stock held in							946

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Executive  
Deferral  
Account

Common Stock  
held by  
Grandson,  
Zachary Brown

37

I

Held by  
Grandson

Common Stock  
held by Niece,  
Katherine  
Cuthill

37

I

by Niece

Common Stock  
held by Niece,  
McIntyre  
Cuthill

12

I

by Niece

Common Stock  
held by  
Granddaughter,  
McKenzie  
Brown

22

I

by  
Granddaughter

Common Stock  
held by  
Grandson,  
Colton Materne

14

I

by Grandson

Common Stock  
held by  
Granddaughter,  
Avery Materne

7

I

by  
Granddaughter

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

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(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)	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. I
							Title	

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					Date Exercisable	Expiration Date		Amount or Number of Shares
Exercise of Stock Options	\$ 11.8	08/31/2010	M	2,600	(2)	11/08/2011	Common Stock	2,600

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Thoren Diane C 1411 E. MISSION AVENUE SPOKANE, WA 99202			Treasurer	

## Signatures

/s/ Diane C  
Thoren

08/31/2010

\*\*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) Exercise and Sale of Options from November 2001
- (2) Options vest in four equal annual installments beginning the first anniversary of the grant date. Ms.Thoren acquired an option grant of 5,200 shares on November 08, 2001.
- (3) Total reflects the number of derivative securities remaining for this particular option grant.

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