

AVISTA CORP
Form 4
August 21, 2008

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
BURMEISTER SMITH CHRISTY
M

(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)

VP Controller & Prin Acct Off.

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V Amount (A) or (D) Price			
Common Stock	08/20/2008		M	3,700 A \$ 18.63	16,036	D	
Common Stock	08/20/2008		S	3,700 D \$ 23.3268	12,336	D	
Common Stock	08/20/2008		M	2,400 A \$ 16.91	14,736	D	
Common Stock	08/20/2008		S	2,400 D \$ 23.3367	12,336	D	
Common Stock	08/20/2008		M	10,000 A \$ 17.31	22,336	D	

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Common Stock	08/20/2008	S	10,000	D	\$ 23.1978	12,336	D	
Common Stock	08/20/2008	M	12,000	A	\$ 11.8	24,336	D	
Common Stock	08/20/2008	S	12,000	D	\$ 23.1936	12,336	D	
Common Stock	08/20/2008	M	4,500	A	\$ 10.17	16,836	D	
Common Stock	08/20/2008	S	4,500	D	\$ 23.1556	12,336	D	
Common Stock held in 401(k) Investment Plan						7,068	I	by Trustee

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

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SEC 1474
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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	\$ 18.63	08/20/2008		M	3,700	<u>(1)</u> 11/12/2008	Common Stock	3,700
Exercise of Stock Option	\$ 16.91	08/20/2008		M	2,400	<u>(3)</u> 08/12/2009	Common Stock	2,400
Exercise of Stock Option	\$ 17.31	08/20/2008		M	10,000	<u>(4)</u> 11/11/2009	Common Stock	10,000
	\$ 11.8	08/20/2008		M	12,000	<u>(5)</u> 11/08/2011		12,000

Exercise of Stock Option							Common Stock	
Exercise of Stock Option	\$ 10.17	08/20/2008	M	4,500	<u>(6)</u>	11/07/2012	Common Stock	4,500

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BURMEISTER SMITH CHRISTY M 1411 E MISSION AVE SPOKANE, WA 99202			VP Controller & Prin Acct Off.	

Signatures

/s/ Christy M.
Burmeister-Smith

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. 3,700 options were granted on 11/12/1998.
- (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. 2,400 options were granted on 08/12/1999.
- (4) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 10,000 options were granted on 11/11/1999.
- (5) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 12,000 options were granted on 11/08/2001.
- (6) Options vest in four equal annual installments beginning on the first anniversary of the grant date. 9,000 options were granted on 11/07/2002.

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.