

NORWOOD KELLY O
Form 4/A
February 24, 2010

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL
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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 *
NORWOOD KELLY O

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 AVE

(Street)

3. Date of Earliest Transaction
(Month/Day/Year)
02/22/2010

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

SPOKANE, WA 99202

4. If Amendment, Date Original Filed(Month/Day/Year)
02/22/2010

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)
Common Stock - 2001 Options	02/22/2010		M ⁽¹⁾	3,000 A	\$ 11.5 7,965	D	
Common Stock - 2001 Options	02/22/2010		S ⁽¹⁾	3,000 D	\$ 21.1047 4,965	D	
Common Stock - 2002 Options	02/22/2010		M ⁽²⁾	3,000 A	\$ 10.17 7,965	D	

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Common Stock - 2002 Options	02/22/2010	S ⁽²⁾	3,000	D	\$ 21.0963	4,965	D	
Common Stock - Restricted Shares	02/22/2010	S ⁽³⁾	1,166	D	\$ 21.092	3,799	D	
Common Stock held in 401(k) Investment Plan						9,638	I	by Trustee
Common Stock held by Spouse						3	I	by Spouse

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. Amount or Number of Shares
Exercise of Stock Option - 2001	\$ 11.8	02/22/2010		M	3,000	⁽⁴⁾ 11/08/2011	Common Stock 3,000	21
Exercise of Stock Options - 2002	\$ 10.17	02/22/2010		M	3,000	⁽⁵⁾ 11/07/2012	Common Stock 3,000	21

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NORWOOD KELLY O 1411 E MISSION AVE SPOKANE, WA 99202			Vice President	

Signatures

/s/ Kelly O
Norwood

02/24/2010

__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 Option Grant expiring November 2011
- (2) Exercise and sale of Option Grant expiring November 2012
- (3) Sale of restricted shares which vested January 8, 2010
- (4) Options vest in four equal annual installments beginning the first anniversary of the grant date. Mr. Norwood acquired an option of 12,000 shares on November 8, 2001.
- (5) Options vest in four equal annual installments beginning the first anniversary of the grant date. Mr. Norwood acquired an option grant of 9,000 shares on November 11, 2002.
- (6) Total reflects the number of derivative securities remaining for this particular option grant.

Remarks:

Amended Form 4 is being filed to reflect the correct totals and disposition of the option grants.

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.