

Thoren Diane C
Form 4
August 31, 2010

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 *
Thoren Diane C

(Last) (First) (Middle)

1411 E. MISSION AVENUE

(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)
08/31/2010

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)
Treasurer

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 (D) Price			
Common Stock - 2001 Option Grant	08/31/2010		M ⁽¹⁾	2,600 A \$ 11.8	4,694	D	
Common Stock - 2001 Option Grant	08/31/2010		S	2,600 D \$ 20.8745	2,094	D	
Common Stock held in 401(k) Plan					4,152	I	by Trustee
Common Stock held in					946	I	by Trustee

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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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