

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 *
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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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

