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AVISTA C	ORP									
Form 4										
September (05, 2008									
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL	
	UNITED	UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549					OMB Number:	3235-0287		
Check the check	nger	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF							January 31,	
subject t									2005 average	
Section			SECURITIES					burden hours per		
Form 4 Form 5			Section 16(a) of the Securities Exchange Act of 1934,						0.5	
obligatio	-					•				
may cor	itinue.		ie Investmer	•	-	•	1935 or Section	1		
See Inst	ruction	50(11) 01 1	le mvesuiiei	n Compa	iny A	Ct 01 1940)			
1(b).										
(Print or Type	Responses)									
			2. Issuer Name and Ticker or Trading			5. Relationship of Reporting Person(s) to Issuer				
			Symbol				Issuel			
			AVISTA CORP [AVA]				(Check all applicable)			
(Last) (First) (Middle)			3. Date of Earliest Transaction							
1411 E MISSION AVE			(Month/Day/Year)				Director 10% Owner X Officer (give title Other (specify			
			09/03/2008				below) below)			
							Sr. Vice President & CFO			
(Street)			4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
		File	Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person			
SPOK A NE	E, WA 99202						Form filed by More than One Reporting			
	2, WIX))202						Person			
(City)	(State)	(Zip)	Table I - Non	-Derivativ	e Secu	rities Acqu	ired, Disposed of,	, or Beneficial	ly Owned	
1.Title of	2. Transaction Date	e 2A. Deemed	3.	4. Securi	ities A	cquired (A)	5. Amount of	6.	7. Nature of	
Security	(Month/Day/Year)	Execution Dat		iomr Dispo			Securities	Ownership	Indirect	
(Instr. 3)		any (Month/Day/Y	Code ear) (Instr. 8)	(Instr. 3,	4 and	5)	Beneficially Owned	Form: Direct (D)	Beneficial Ownership	
		(Wolding Day)	(111511.0)	, (inst. 6)			Following	or Indirect	(Instr. 4)	
					(A)		Reported	(I)		
					or		Transaction(s) (Instr. 3 and 4)	(Instr. 4)		
a			Code V	Amount	(D)	Price	(Insu: 5 and 4)			
Common	09/03/2008		Р	4,500	А	\$	11,900	D		
Stock						22.1748				
Common	09/03/2008		Р	2,500	А	\$	2,500	Ι	by Spouse	
Stock				,	-	22.2876	,		. J . I J	

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. Transactic Code (Instr. 8)	5. ofNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Under Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addre	ess	Relationships							
	Director	10% Owner	Officer	Other					
THIES MARK T 1411 E MISSION AVE SPOKANE, WA 99202			Sr. Vice President & CFO						
Signatures									
/s/ Mark T. Thies	09/05/2008								

**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).

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.