Storro Richard L Form 4 January 13, 2009

FORM 4

Form 5

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

Check this box if no longer subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

obligations may continue. See Instruction 1(b).

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 * Storro Richard L

2. Issuer Name and Ticker or Trading

5. Relationship of Reporting Person(s) to Issuer

OMB APPROVAL

3235-0287

January 31,

2005

0.5

of

OMB

Number:

Expires:

response...

Estimated average

burden hours per

Symbol

AVISTA CORP [AVA] 3. Date of Earliest Transaction

(Check all applicable)

(Last) (First) (Middle)

(Month/Day/Year)

Director 10% Owner X_ Officer (give title _ Other (specify

1411 E. MISSION AVENUE 01/09/2009

below) Vice President

(Street) 4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check Applicable Line)

Filed(Month/Day/Year)

X Form filed by One Reporting Person Form filed by More than One Reporting

Person

SPOKANE, WA 99202

(City)	(State) (Zip	Table I	- Non-Der	ivative Se	curitio	es Acquir	ed, Disposed of,	or Beneficiall	y 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. Securi or(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)	
Common Stock - Performance Shares	01/09/2009		M	437	` ,	(1)	3,328	D	
Common Stock - Performance Shares	01/09/2009		F	144 (2)	D	\$ 19.15	3,184	D	
Common Stock - 2006 Restricted Stock Award	01/09/2009		S	11 (3)	D	\$ 19.1	3,173	D	

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

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SEC 1474 (9-02)

> 8. P Der Sec (Ins

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exer	cisable and	7. Title and A	Amount of	8
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transaction	onof	Expiration D	ate	Underlying S	Securities	J
Security	or Exercise		any	Code	Derivative	(Month/Day/	Year)	(Instr. 3 and	4)	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Securities					(
	Derivative				Acquired					
	Security				(A) or					
					Disposed					
					of (D)					
					(Instr. 3, 4,					
					and 5)					
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
				Code v	(A) (D)				Silares	
Conversion of 2006 Performance Shares	(1)	01/09/2009		M	370	<u>(1)</u>	<u>(1)</u>	Common Stock	370	

Reporting Owners

Reporting Owner Name / Address

Officer 10% Owner Other Director

Storro Richard L

1411 E. MISSION AVENUE SPOKANE, WA 99202

Vice President

Signatures

/s/ Richard L. 01/13/2009 Storro

**Signature of Date Reporting Person

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).
- Each performance share represented a contingent right to receive a share of Avista Common Stock upon Avista achieving a specified performance measure.
- Shares sold to pay income tax on Performance Shares acquired on 1/9/2009.

Reporting Owners 2

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(3) Shares sold to pay income tax on final 1/3 of 2006 restricted shares that vested on 12/31/2008.

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.