FELTES KAREN S

Form 4

February 16, 2010

FORM 4

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

OMB 3235-0287 Number:

if no longer subject to Section 16.

Check this box

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

January 31, Expires: 2005 Estimated average

OMB APPROVAL

Form 4 or Form 5 obligations may continue.

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

burden hours per response... 0.5

See Instruction

30(h) of the Investment Company Act of 1940

1(b).

401(k)

Investment Plan

(Print or Type Responses)

1. Name and Add FELTES KAI	dress of Reporting F REN S	Symbol	Name and Ticker or Trading CORP [AVA]	5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	(iddle) 3. Date of	Earliest Transaction	(Check all applicable)				
1411 E MISS	` ' `	(Month/Da 02/11/20	ny/Year)	Director 10% Owner Solution Officer (give title Other (specify below)				
	(Street)	4. If Amen	dment, Date Original	6. Individual or Joint/Group Filing(Check				
gpowane v		Filed(Mont	h/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting				
SPOKANE, V	VA 99202			Person				
(City)	(State)	Zip) Table	I - Non-Derivative Securities Acq	quired, Disposed of, or Beneficially Owned				
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year		3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	5. Amount of Securities Form: Direct Indirect Beneficially (D) or Beneficial Owned Indirect (I) Ownership Following (Instr. 4) (Instr. 4) Reported Transaction(s) (Instr. 3 and 4)				
Shares - Restricted Shares	02/11/2010		A 4,900 A (1)	9,951 D				
Common Stock held in								

699

Ι

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

by Trustee

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SEC 1474 (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. Transacti Code (Instr. 8)	5. Number of conDerivative Securities Acquired (A) or Disposed o (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)	
				Code V	(A) (D	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Performance Shares	<u>(2)</u>	02/11/2010		A	12,500	(3)	(3)	Common Stock	12,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

FELTES KAREN S 1411 E MISSION AVE SPOKANE, WA 99202

Sr. VP & Corporate Secretary

Signatures

/s/ Karen S. 02/16/2010 Feltes

**Signature of Reporting Person

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Date

- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Restricted shares vest one-third each year over a three-year period and are payable in Avista Corp. Common Stock at the end of each year in the three-year period.
- (2) No convertion price. Shares awarded if performance measure is met.
- (3) Each performance cycle is three years in length. Shares will be issued at the end of each three-year cycle if performance measure is met.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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