MEYER DAVID J

Form 4 March 12, 2010

FORM 4

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

OMB Number:

3235-0287

0.5

Check this box if no longer

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005

OMB APPROVAL

Estimated average

5. Relationship of Reporting Person(s) to

Issuer

burden hours per response...

Form 4 or Form 5 obligations may continue.

subject to

Section 16.

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

SECURITIES

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

AVISTA CORP [AVA]

Symbol

1(b).

(Print or Type Responses)

MEYER DAVID J

1. Name and Address of Reporting Person *

See Instruction

			AVISTA CORP [AVA]				(Check all applicable)				
(Last) 1411 E MISSIO	· · ·	Middle)	3. Date of Ear (Month/Day/ 03/09/2010	Year)	action			Director X Officer (give ti low)	10%	Owner r (specify	
	(Street)		4. If Amendm Filed(Month/D		Original		Aŗ	Individual or Joir oplicable Line) L Form filed by On Form filed by Mo	e Reporting Per	son	
SPOKANE, W	A 99202						Pe	rson	re man One Rej	orting	
(City)	(State)	(Zip)	Table I -	Non-Deri	vative Sec	curitie	s Acquir	ed, Disposed of,	or Beneficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Exec	Deemed ution Date, if hth/Day/Year)	Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	ispose	d of (D)	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)	
Common Stock - Discretionary Transaction in 401(k)	03/09/2010 <u>(1</u>	<u>)</u>		I	3,486	A	\$ 21.51	14,007	I	by Trustee	
Common Sotck held in Executive Deferral Plan								9,070	I	by Trustee	
Common Stock held in IRA at DA								3,401	I	by Trustee	

Davidson

Common Stock 3,799 D

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474

(9-02)

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

1. Title o Derivativ Security (Instr. 3)	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration D (Month/Day/ e	Date Exercisable and piration Date onth/Day/Year)		and of ng es and 4)	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	or Title Nu of	umber		

Reporting Owners

Reporting Owner Name / Address	Relationships
Reporting Owner Maine / Address	

Director 10% Owner Officer Other

MEYER DAVID J 1411 E MISSION AVE SPOKANE, WA 99202

Vice President

Signatures

/s/ David J. 03/12/2010 Meyer

**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).
- (1) Information received from broker on 3/11/2010 confirming transaction on 3/09/2010

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

Reporting Owners 2

Edgar Filing: MEYER DAVID J - Form 4

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.