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Form 4										
February 07, FORM	1							OMB A	PPROVAL	
	UNITED S.	FATES SECURI Wasł	ITIES AN nington, I			NGE (COMMISSION	OMB Number:	3235-0287	
Check this if no long subject to Section 16 Form 4 or	er STATEMH 5.	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES						Lanuary 31Expires:2005Estimated averageburden hours perresponse0.5		
Form 5 obligation may conti <i>See</i> Instru 1(b).	nue. Section 17(a)	ant to Section 16 of the Public Uti 30(h) of the Inv	lity Holdi	ng Com	pany	Act of	f 1935 or Section	1		
(Print or Type R	esponses)									
1. Name and Ad Thackston Ja	ddress of Reporting Pe ason R	Symbol	2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (Mi	ddle) 3. Date of I	3. Date of Earliest Transaction (Check all					k all applicable	e)	
1411 E MISS	SION AVENUE	(Month/Da 02/03/20	-				Director X Officer (give below) Vi		o Owner er (specify	
	(Street)	4. If Amen Filed(Montl	dment, Date h/Day/Year)	Original			6. Individual or Jo Applicable Line)	int/Group Filii	ng(Check	
SPOKANE,	WA 99202	, , , , , , , , , , , , , , , , , , ,	. ,				_X_ Form filed by C Form filed by M Person			
(City)	(State) (Z	ip) Table	I - Non-De	rivative S	ecurit	ties Acq	uired, Disposed of	, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	nsactionAcquired (A) or Sec de Disposed of (D) Be str. 8) (Instr. 3, 4 and 5) Ov For Re		Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)			
Common			Code V	Amount	or (D)	Price	(Instr. 3 and 4)			
Common Stock - Restricted Shares	02/03/2011		А	1,300	A	<u>(1)</u>	4,421	D		

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. Transactio 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 Securities8(Instr. 3 and 4)S(1)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Performance Shares	(2)	02/03/2011		А	5,100	(3)	(3)	Common Stock	5,100

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other
Thackston Jason R 1411 E MISSION AVENUE SPOKANE, WA 99202			Vice President	
Signatures				
/s/ Jason				

R.Thackston 02/07/2011 <u>**</u>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) 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 conversion 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. 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.