MORRIS SCOTT L

Form 4

January 13, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

3235-0287 January 31,

2005

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Expires: Estimated average

5. Relationship of Reporting Person(s) to

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if no longer subject to Section 16. Form 4 or Form 5 obligations

Check this box

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

2. Issuer Name and Ticker or Trading

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

MORRIS SCO	Symbol AVISTA CORP [AVA]				Iss	Issuer (Check all applicable)					
(Last) (First) (Middle) 1411 E MISSION AVE			(11/(19/2()()9					Director 10% Owner Specify below) Chairman, President & CEO			
SPOKANE, V	(Street) 4. If Amendment, Date Original Filed(Month/Day/Year) VA 99202						Ap _X —	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Execu any	Deemed ation Date, if th/Day/Year)	3. Transactic Code (Instr. 8)	4. Securit on(A) or Dis (Instr. 3, 4)	sposed	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)	
Stock - Performance Shares	01/09/2009			M	18,290	A	(1)	76,486	D		
Common Stock - Performance Shares	01/09/2009			F	4,930 (2)	D	\$ 19.15	71,553	D		
Common Stock - 2006 Restricted Share Award	01/09/2009			S	354 (3)	D	\$ 19.1	71,199	D		

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Common Stock held in 401(k)

401(k) 8,754 I by Trustee

Plan

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. Transaction Code (Instr. 8)	5. Number of or 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 Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Conversion of 2006 Performance	<u>(1)</u>	01/09/2009		M	15,500	<u>(1)</u>	(1)	Common Stock	15,500

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

MORRIS SCOTT L 1411 E MISSION AVE SPOKANE, WA 99202

Chairman, President & CEO

Signatures

Shares

/s/ Scott L. 01/13/2009 Morris

**Signature of Date Reporting Person

Reporting Owners 2

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