NORWOOD KELLY O

Form 4

January 12, 2010

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

2. Issuer Name and Ticker or Trading

OMB

3235-0287 Number:

January 31, Expires: 2005

OMB APPROVAL

Estimated average burden hours per

5. Relationship of Reporting Person(s) to

9,635

3

Ι

Ι

response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940

See Instruction

1(b).

Common Stock held

in 401(k) Plan

Common Stock held

by Spouse

(Print or Type Responses)

1. Name and Address of Reporting Person *

			Symbol AVISTA CORP [AVA]				(Check all applicable)			
(Last)	(First) (N	,	3. Date of Earliest Transaction				•			
1411 E MIS	•	(Month/Day/Year) 01/08/2010				Director 10% OwnerX Officer (give title Other (specify below) Vice President				
	4. If Ame	mendment, Date Original				6. Individual or Joint/Group Filing(Check				
SPOKANE,	Filed(Mon	fonth/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person				
(City)	(State)	(Zip) Table	e I - Non-D	erivative S	Secur	ities Aco	quired, Disposed	of, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	e 2A. Deemed Execution Date, if any (Month/Day/Year)	n Date, if Transaction(A) or Disposed of Code (D) Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price		d of 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) 6. Ownership Form: Direct Indirect Ownersh (Instr. 4) (Instr. 4) (Instr. 4) 7. Nature Ownersh (Indirect (I) Ownersh (Instr. 4) (Instr. 4)				
Common Stock	01/08/2010		F	567 <u>(1)</u>	D	\$ 21.6	3,665	D		

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

by Trustee

by Spouse

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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)	4. Transaction Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or		ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo	
				Disposed						Trans
				of (D) (Instr. 3,						(Instr
				4, and 5)						
					Date Exercisable	Expiration Date	Title	Amount or Number of		
			Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

NORWOOD KELLY O 1411 E MISSION AVE SPOKANE, WA 99202

Vice President

Signatures

/s/ Kelly O. Norwood 01/12/2010

**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) Shares withheld to pay income tax on restricted shares that vested on 1/4/2010.

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.

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