Thoren Diane C Form 5 June 01, 2010

Meagan Cuthill Common Stock

Common Stock held in 401(k)

- Restricted

Shares

Plan

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OMB APPROVAL FORM 5 **OMB** UNITED STATES SECURITIES AND EXCHANGE COMMISSION 3235-0362 Number: Washington, D.C. 20549 Check this box if January 31, Expires: no longer subject 2005 to Section 16. Estimated average ANNUAL STATEMENT OF CHANGES IN BENEFICIAL Form 4 or Form burden hours per 5 obligations OWNERSHIP OF SECURITIES response... 1.0 may continue. See Instruction Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, 1(b). Form 3 Holdings Section 17(a) of the Public Utility Holding Company Act of 1935 or Section Reported 30(h) of the Investment Company Act of 1940 Form 4 Transactions Reported 1. Name and Address of Reporting Person * 2. Issuer Name and Ticker or Trading 5. Relationship of Reporting Person(s) to Issuer Thoren Diane C Symbol AVISTA CORP [AVA] (Check all applicable) (First) 3. Statement for Issuer's Fiscal Year Ended (Last) (Middle) (Month/Day/Year) Director 10% Owner 12/31/2009 X _ Officer (give title Other (specify below) below) 1411 E. MISSION AVENUE Treasurer (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Reporting Filed(Month/Day/Year) (check applicable line) SPOKANE, WAÂ 99202 _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 2. Transaction Date 2A. Deemed 4. Securities Acquired (A) 5. Amount 7. Nature of (Instr. 3) (Month/Day/Year) Transaction or Disposed of (D) of Securities Ownership Indirect Beneficial Execution Date, if (Instr. 3, 4 and 5) Code Beneficially Form: Ownership (Month/Day/Year) (Instr. 8) Owned at Direct (D) (Instr. 4) end of or Indirect Issuer's (I) Fiscal Year (Instr. 4) (A) (Instr. 3 and or 4) Amount (D) Price Common Stock by Niece, Â **S**4 held by Niece, 05/21/2010 57.9417 Ι

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19 45

2,094

4,153

D

Ι

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by Trustee

Meagan Cuthil

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Common Stock held in Executive Deferral Plan	Â	Â	Â	Â	Â	Â	94	I	by Trustee
Common Stock held by Grandson, Zachary Brown	Â	Â	Â	Â	Â	Â	37	I	held by Grandson
Common Stock held by Niece, Katherine Cuthill	Â	Â	Â	Â	Â	Â	37	I	by Niece
Common Stock held by Niece, McIntyre Cuthill	Â	Â	Â	Â	Â	Â	12	I	by Niece
Common Stock held by Granddaughter, McKenzie Brown	Â	Â	Â	Â	Â	Â	22	I	by Granddaughter
Common Stock held by Grandson, Colton Materne	Â	Â	Â	Â	Â	Â	14	I	by Grandson
Common Stock held by Granddaughter, Avery Materne	Â	Â	Â	Â	Â	Â	7	I	by Granddaughter
Reminder: Report on a separate line for each class of Persons who respond to the						ollection	of informati	on	SEC 2270

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

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securities beneficially owned directly or indirectly.

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 Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)
					(A) (D)	Date Exercisable	Expiration Date	Title Amount or	

(9-02)

Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships						
F-	Director	10% Owner	Officer	Other			
Thoren Diane C 1411 E. MISSION AVENUE SPOKANE, WA 99202	Â	Â	Treasurer	Â			

Signatures

/s/ Diane C
Thoren

**Signature of Reporting Person

Date

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).

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Remarks:

Failure to report sale of common stock within the time period allowed. Â Trade date was 5/21/10Â

Note: File three copies of this Form, one of which must be manually signed. If space provided 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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