

Thoren Diane C
Form 4
December 10, 2010

FORM 4

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

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF
SECURITIES**

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
30(h) of the Investment Company Act of 1940

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
Thoren Diane C

(Last) (First) (Middle)

1411 E. MISSION AVENUE

(Street)

SPOKANE, WA 99202

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol

AVISTA CORP [AVA]

3. Date of Earliest Transaction
(Month/Day/Year)

12/10/2010

4. If Amendment, Date Original
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

____ Director ____ 10% Owner
____ Officer (give title ____X____ Other (specify
below) below)

Treasurer

6. Individual or Joint/Group Filing(Check
Applicable Line)
X Form filed by One Reporting Person
____ Form filed by More than One Reporting
Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 - 2001 Option Grant	12/10/2010		M ⁽¹⁾	1,300 A	\$ 11.8 3,394	D	
Common Stock - 2001 Option Grant	12/10/2010		S ⁽¹⁾	1,300 D	\$ 22 2,904	D	
Common Stock held in 401(k) Plan					4,152	I	Held by Trustee
Common Stock held in					946	I	by Trustee

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Executive
Deferral
Account

Common Stock
held by
Grandson,
Zachary Brown

37

I

Held by
Grandson

Common Stock
held by Niece,
Katherine
Cuthill

37

I

Held by Niece

Common Stock
held by Niece,
McIntyre
Cuthill

12

I

Held by Niece

Common Stock
held by
Granddaughter,
McKenzie
Brown

22

I

Held by
Granddaughter

Common Stock
held by
Grandson,
Colton Materne

14

I

Held by
Grandson

Common Stock
held by
Granddaughter,
Avery Materne

7

I

Held by
Granddaughter

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

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(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)	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)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. I De Sec (In
				Code	V (A) (D)		Title	

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					Date Exercisable	Expiration Date		Amount or Number of Shares
Exercise of Stock Options	\$ 11.8	12/10/2010	M	1,300	(2)	11/08/2011	Common Stock	1,300

Reporting Owners

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

Signatures

/s/ Diane C
Thoren

12/10/2010

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).

(1) Exercise and Sale of Options from November 2001.

(2) Options vest in four equal annual installments beginning the first anniversary of the grant date. Ms. Thoren acquired an option grant of 5,200 shares November 08,2001.

(3) Total reflects the number of derivative securities remaining for this particular option grant.

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

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