Instruction 1(b).

FORM 4

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Auto Common Stock	Name and Address of Reporting Person* Kopczynski Don F						2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner				
Security (Instr. 3) Security (Instr. 4) Security (Instr. 3) Security (Instr. 3) Security (Instr. 4) Security (Instr. 4) Security (Instr. 3) Security (Instr. 4) Security (Instr. 3)	` '						` ' '								['				
Table 1 - Non-Derivative Securities Acquired Disposed of or Beneficially Owned		NE W	VA 99202				4. If Amendment, Date of Original Filed (Month/Day/Year)								Line) X Form filed by One Reporting Person Form filed by More than One Reporting				
2. Transaction 2. T	(City)	(S	tate)	(Zip)										Persor	1				
Date Normal Note Normal				le I - Nor							Dis	1							
Code V Amount (A) or Price Triansaction (B) Code V Amount (A) or Price Triansaction (B) Code V Cod	Date						ear)	Execution Date, if any		Transaction Code (Instr.		Disposed Of (D) (Instr. 3		ed (A) or tr. 3, 4 and	Securitie Benefici Owned I	Securities Beneficially Owned Following		Direct of Indirect of Its. 4)	of Indirect Beneficial Ownership
Common Stock Comm										Code	v	Amount		Price	Transac	tion(s)			instr. 4)
Common Stock	Common Stock 05/16/					6/200	2007			M		4,100	A	\$18.	63 12	,285	D		
Common Stock held in 401(k) Investment Plan Common Stock held in Executive Deferral Plan Common Stock-Custodian for David A Kopczynski Common Stock-Custodian for Kyra M Kopczynski Common Stock-Custodian for Kristen M Kopczynski Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities) (Ronth/Day/Year) Amount Month/Day/Year) Security Security (Ronth/Day/Year) Amount Mumber Order Stock-Custodian Stock Security (Ronth, Security Security (Ronth, Security Security (Ronth, Security Security (Ronth, Security Security Security (Ronth, Security Security Security Security (Ronth, Security S	Common Stock 05/16/					6/200	2007			S		4,100	D	\$23.	54 8,	185	D		
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	of Stock	\$17.31	05/16/2007			M			10,000	(3)		11/11/2009		10,000	\$23.54	0(2)		D	

Explanation of Responses:

- $1.\ Options\ vest\ in\ four\ equal\ annual\ installments\ beginning\ on\ the\ first\ anniversary\ of\ the\ grant\ date.\ 4,100\ options\ were\ granted\ on\ 11/12/1998.$
- 2. Total reflects the number of derivative securities remaining under this particular option grant.
- 3. Options vest in four equal annual installments beginning on the first anniversary of the grant date. 10,000 options were granted on 11/11/1999.

/s/ Don F. Kopczynski

05/17/2007

** Signature of Reporting Person

Date

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

- * 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).

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.