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

FORM 8-K

CURRENT REPORT PURSUANT TO SECTION 13 OR 15(d) OF THE SECURITIES EXCHANGE ACT OF 1934

Date of Report (Date of earliest event reported): March 24, 2008

AVISTA CORPORATION

(Exact name of registrant as specified in its charter)

Washington (State or other jurisdiction of incorporation) 1-3701 (Commission File Number) 91-0462470 (I.R.S. Employer Identification No.)

1411 East Mission Avenue, Spokane, Washington (Address of principal executive offices) 99202-2600 (Zip Code)

Registrant's telephone number, including area code: 509-489-0500 Web site: http://www.avistacorp.com

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

□ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)

□ Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)

Dere-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))

D Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Section 7 – Regulation FD Disclosure

Item 7.01 Regulation FD Disclosure.

The information in this report shall not be deemed "filed" for purposes of Section 18 of the Securities Exchange Act of 1934, nor shall it be incorporated by reference in any filing under the Securities Act of 1933, except as shall be expressly set forth by specific reference in such filing.

Management of Avista Corporation (Avista Corp.) will be giving a business update at the Edward Jones Midcap Utility Conference on March 25, 2008 at 9:50 am ET at the New York Palace Hotel in New York. The presentation will be web cast and will be available in the "Investors" section of Avista Corp.'s website at:

http://investor.avistacorp.com/phoenix.zhtml?c=97267&p=irol-calendar.

In addition, management will have meetings with investors on March 25 and 26, 2008 and provide the same business update presentation. A copy of the business update presentation is furnished as Exhibit 99.1.

As part of this update, Avista Corp. will be confirming earnings guidance for 2008. This 2008 earnings guidance was included in Avista Corp.'s fourth quarter and fiscal year 2007 earnings release furnished on Form 8-K on February 20, 2008.

Any reference to Avista Corp.'s Internet address shall not, under any circumstances, be deemed to incorporate the information available at such Internet address into this Current Report. The information available at Avista Corp.'s Internet address is not part of this Current Report or any other report furnished or filed by Avista Corp. with the Securities and Exchange Commission.

Section 9 – Financial Statements and Exhibits

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

99.1 Business update presentation dated March 2008, which is being furnished pursuant to Item 7.01.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

AVISTA CORPORATION (Registrant)

Date: March 24, 2008

/s/ Marian M. Durkin

Marian M. Durkin Senior Vice President, General Counsel and Chief Compliance Officer





Avista Corp. Business Update

March 2008

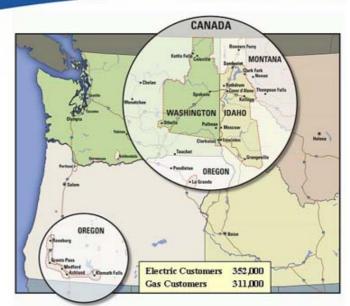
NYSE: AVA

www.avistacorp.com

Company Overview

AVISTA Corp.

- · Headquartered in Spokane, Wash.
- · Core business is the utility
- Generates, transmits and distributes electricity and distributes natural gas
- Has one of the smallest carbon footprints in the United States



Utility Service Territory

Non-regulated Subsidiary Advantage IQ

 Provides utility, telecom and waste bill processing, payment and information services to multi-site companies



2007 was a year of repositioning our Company ...

- Washington General Rate Case Settlement on October 30, 2007
- New rates effective January 1, 2008
 - Electric rate increase of \$30.2 million
 - Natural gas rate increase of \$3.3 million
 - 46.0% equity ratio and 10.2% ROE
- On June 30, 2007, sold substantially all of the contracts and ongoing operations of Avista Energy to Coral Energy
 - Approximately \$170 million in proceeds
 - Purchased Power Agreement for 270 MW natural gas plant available January 1, 2010 through 2026

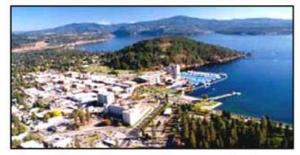


- New rates effective January 1, 2008
 - Reset the authorized power supply costs
- Hydro generation expected to be slightly above normal
- · Moody's and S&P recently upgraded our corporate credit rating to investment grade
- Decrease in interest expense
 - \$273 million of 9.75% senior notes mature on June 1, 2008
- · Capital budget continues to grow
 - Approximately \$200 million in 2008
- Quarterly dividend increase of 10%

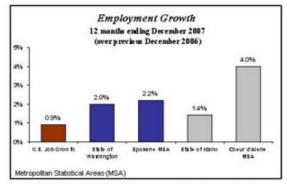


The economy in our service territory is well diversified and continues to grow

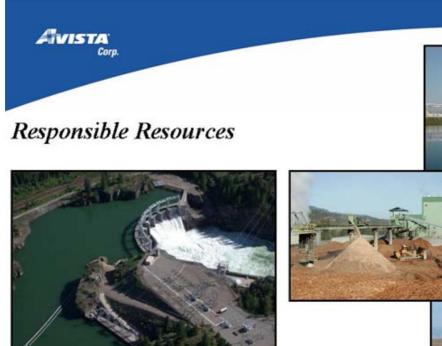
- Healthcare, education, finance and tourism provide an important balance
- Strong commodity prices for wheat and metals have led to a resurgence in agriculture and mining



Coeur d'Alene/Kootenai County was the fastest growing metro area last year



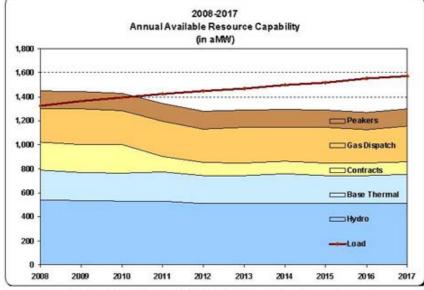
Eastern Washington and Northern Idaho continue to add workers at a rapid pace





Avista is Long Resources through 2010*

AIVISTA Corp.



* Excludes new resources from the 2007 Integrated Resource Plan shown on next page.



2007 Integrated Resource Plan

- Preferred Resource Strategy by 2017
 - 350 MW of natural gas-fired plants
 - 300 MW of wind
 - 87 MW of conservation
 - 38 MW of hydro plant upgrades
 - 34 MW of other renewables



	Timing of Preferred Resource Strategy in MW										
	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	Total
СССТ				270			80				350
Wind							100		200		300
Conservation	6	7	7	7	9	10	10	10	10	11	87
Hydro Upgrades		9.5	9.5	9.5	9.5						38
Other Renewables				20	10		4				34

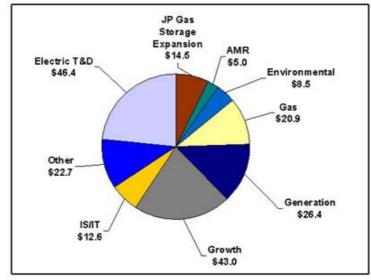


AVISTA Corp.

- Citizens Initiative 937 Renewables Mandate
 - 3% Washington energy by 2012
 - 9% Washington energy by 2016
 - 15% Washington energy by 2020
- Western governors sign agreement to reduce greenhouse gases (Washington, California, Oregon, Arizona, New Mexico)
- · Washington HB 6001 limiting emissions to gas plant (kills coal)
- Federal CO₂ legislation in progress
- Avista develops global climate change policy (in draft stage)
- Higher capital costs for new generation

Year	Avista's Requirement to Meet Mandate (aMW)
2012	0.9
2013	1.3
2014	1.7
2015	1.4
2016	45.7
2017	47.3
2018	48.6
2019	49.5
2020	98.4

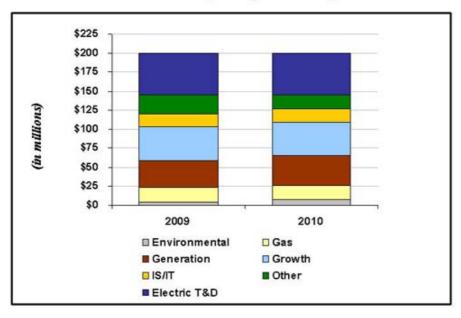




2008 Budgeted Utility Capital Expenditures \$200 million



2009-2010 Forecasted Utility Capital Expenditures



Avista Utilities Regulatory Update

		Rate Base*		
Wash	ington	lda	ho	Oregon
Electric	Gas	Electric	Gas	Gas
\$890 million	\$151 million	\$502 million	\$73 million	\$89 million

	Authorized				
Jurisdiction and Service	Rate of Return	Return on Equity	Common Equity Level		
Washington Electric and Natural Gas (implemented in January 2008)	8.20%	10.20%	46.00%		
Idaho Electric and Natural Gas (implemented in September 2004)	9.25%	10.40%	42.59%		
Oregon Natural Gas (settlement reached on February 22, 2008)	8.20%	10.00%	50.00%		

* Rate base as of 12/31/07



Oregon Gas General Rate Case

- Filed October 12, 2007
- All-party settlement agreement reached on February 22, 2008
- Increase will be implemented in two steps resulting in a total of \$2.28 million
 - \$866,000 in April 2008
 - Approximately \$1.42 million in November 2008 based on completion of certain capital projects

	Original Request	Settlement Agreement
Amount	\$3.0 M	\$2.28 M
% increase	2.3%	1.82%
Rate of return	8.98%	8.2%
Return on equity	11.0%	10.0%
Common equity ratio	51.2%	50.0%

AVISTA Corp.

Washington Electric and Gas General Rate Case

Electric	Natural Gas \$6.6 m	
\$36.6 m		
9.2%	3.3%	
8.4%	8.4%	
10.8%	10.8%	
46.3%	46.3%	
	\$36.6 m 9.2% 8.4% 10.8%	

Primary Electric Revenue Requirement Factors Hydro Production & Relicensing & Transmission Compliance Expense 21% Issues 30% Increased Loads Mid Columbia Purchase Expenses
Colstrip & Kettle Falls Thermal Fuel Expenses Spokane River Relicensing
Montana Riverbed lease Settlement Increased Net Distribution & Plant Other Expense 13% Investment⁽¹⁾ 36 % Distribution Operation & Maintenance Costs
Administrative & General Expenses Includes return on investment, depreciation and taxes, offset by the tax benefit of interest 14



Advantage IQ



Advantage IQ

AVISTA

Corp.

- · Analyzes utility usage and provides cost-management services for national, multi-site customers
- Management services include electricity, natural gas, water/sewer, waste and telecom expenses .
- Manage over \$12.0B in expenses for 400+ clients .
- · Currently process and pay 620,000 bills per month, supporting 203,000+ sites nationwide
 - Airlines
 - Banking/Finance
 - Big Box Retail
 - Casual Dining
 - Commercial
 - Communications
 - Convenience Stores
 - Education
- Industrial

Entertainment

Fast Food

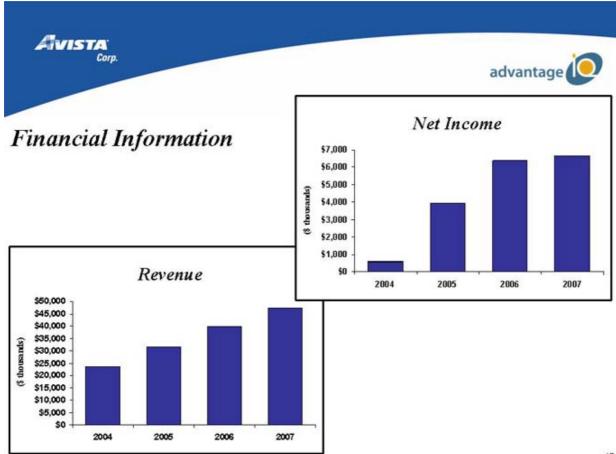
Grocery

Hospitality

Government

- Medium Box Retail Small Box Retail







Financial

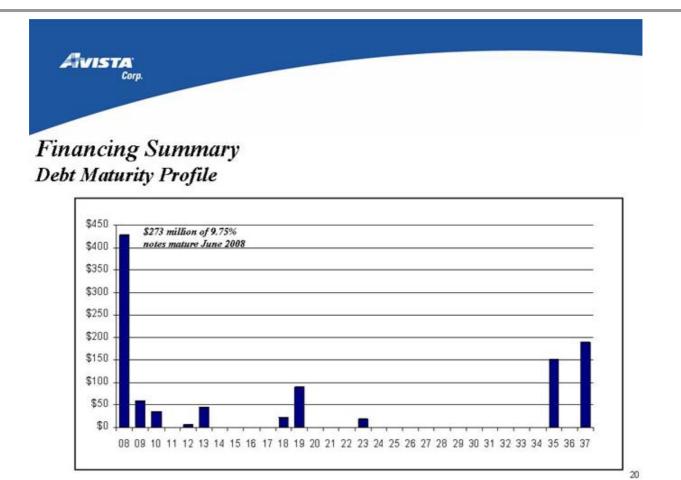
Investment Grade Credit Rating

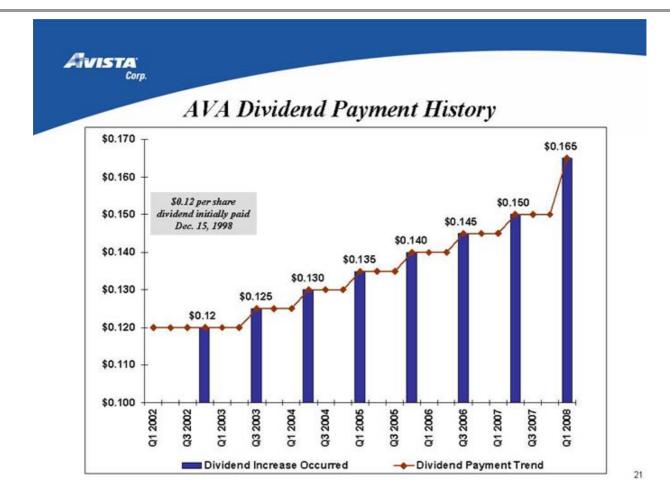
	Standard & Poor's	Moody's	Fitch, Inc.
Corporate/Issuer Rating	BBB-	Baa3	BB+
Senior Secured Debt	BBB+	Baa2	BBB
Senior Unsecured Debt	BBB-	Baa3	BBB-

 Standard & Poor's upgraded corporate credit rating and senior unsecured debt from BB+ to BBB- on February 7, 2008

- Upgraded Senior Secured from BBB- to BBB+ in September 2007

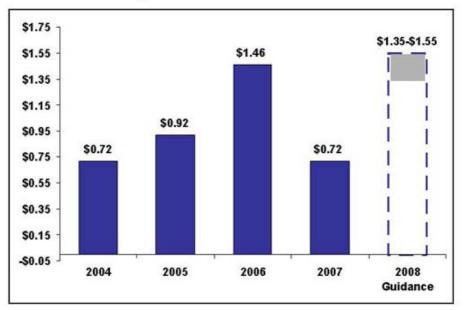
· On December 20, 2007, received upgrade from Moody's Investors Service





AVISTA Corp.

Consolidated Earnings





2008 Earnings Guidance

Consolidated	\$1.35-\$1.55		
Avista Utilities	\$1.20-\$1.40		
Advantage IQ	\$0.10-\$0.12		
Other	\$(0.03)-\$0.00		



In Summary ...

- 2007 was a transition year and we expect significant improvement in 2008
- Washington General Rate Case settled rates effective January 1, 2008
- Significant capital spend
- Continued growth at Advantage IQ
- \$273 million of 9.75% notes will be refinanced by June 2008
- Room to increase dividend



This presentation contains forward-looking statements, including statements regarding our current expectations for future financial performance and cash flows, capital expenditures, our current plans or objectives for future operations, future hydroelectric generation projections and other factors, which may affect the company in the future. Such statements are subject to a wariety of risks, uncertainties and other factors, most of which are beyond our control and many of which could have significant impact on our operations, results of operations, financial condition or cash flows and could cause actual results to differ materially from those anticipated in such statements.

The following are among the important factors that could cause actual results to differ materially from the forward-looking statements: weather conditions, including the effect of precipitation and temperatures on the availability of hydroelectric resources and the effect of statements is actual cast of the description and temperatures on the availability of hydroelectric resources and the effect of state and faderal regulatory decisions affecting our rehail customers and natural gas for our state market value of derivative easies and liabilities; volatility and iliguidity in wholesale energy markets, including the evaluability and price of state and faderal regulatory decisions affecting our ability to recover costs and/or earn a reasonable return including, but not limited to, the distallowance of costs that we have deforred; the potential effects of any legislation or administrative rulemaking, including pressible doption of national or state laws requiring results or motioner and possible adoption of national or state laws requiring results our of the "western earnergy prices have and conditions, including but not limited to, electric retail wheeling and transmission costs; the ability to relative rule and matural increases for our hydroelectric generating facilities and conditions, including present and potential environmental remediation costs; wholesale and retail competition including but not limited to, electric retail wheeling and transmission costs; the ability to relative or prospective facilities, natural disasters that can disrupt energy production or din

For a further discussion of these factors and other important factors, please refer to the company's Annual Report on Form 10-K for the year ended Dec. 31, 2007. The forward-looking statements contained in this news release speak only as of the date hereof. The company undertakes no obligation to update any forward-looking statement or statements to reflect events or circumstances that occur after the date on which such statement is made or to reflect the company's Annual Report on Form 10-K for the year ended Dec. 31, 2007. The forward-looking statements contained in this news release speak only as of the date hereof. The company undertakes no obligation to update any forward-looking statement or statements to reflect the vents or circumstances that occur after the date on which such statement is made or to reflect the company's business or the extent to which any such factor, nor can it assess the impact of each such factor on the company's business or the extent to which any such factor, or combination of factors, may cause actual results to differ materially from those contained in any forward-looking statement.

Securities ratings are not recommendations to buy, sell or hold securities. The ratings are subject to change or withdrawal at any time by the respective credit rating agencies. Each credit rating should be evaluated independently of any other ratings.



