

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL	
OMB Number:	3235-0287
Estimated average burden hours per response:	0.5

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

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

1. Name and Address of Reporting Person* WOODWORTH ROGER D _____ (Last) (First) (Middle) 1411 E MISSION AVE _____ (Street) SPOKANE WA 99202 _____ (City) (State) (Zip)			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 <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) Vice President		
3. Date of Earliest Transaction (Month/Day/Year) 01/07/2008			4. If Amendment, Date of Original Filed (Month/Day/Year)			6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock - Performance Shares	01/07/2008		M		3,445	A	(1)	13,014	D	
Common Stock - Performance Shares	01/07/2008		F		646 ⁽²⁾	D	\$20.75	12,368	D	
Common Stock - Restricted Share Award	01/07/2008		F		91 ⁽³⁾	D	\$20.75	12,277	D	
Shares held in 401(k) Investment Plan								17,565	I	by Trustee
Shares held in IRA Account								400	I	by Trustee
Shares held in Spouse's IRA								1,000	I	by Trustee
Shares held by Child-Bryce								148	I	by Child
Shares held by Child-Brianna								109	I	by Child
Shares held by Child-Patrick								111	I	by Child

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 Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
Conversion of 2005 Performance Shares	(1)	01/07/2008		M			5,300	(1)	(1)	Common Stock	5,300	(1)	0	D	
Deferred Performance Shares	(1)	01/07/2008		J ⁽⁴⁾		1,591 ⁽⁴⁾		(4)	(4)	Common Stock	1,591	(4)	4,804	I	by Trustee

Explanation of Responses:

- Each performance share represented a contingent right to receive a share of Avista Common Stock upon Avista achieving a specified performance measure.
- Shares sold to pay income tax on Performance Shares acquired on 1/7/2008.
- Shares sold to pay income tax on restricted shares that vested on 1/7/2008.
- Shares placed in Executive Deferral Plan of Avista Corp. and will be settled in Avista Corp. Common Stock upon the reporting person's retirement.

/s/ Roger D. Woodworth 01/09/2008

** 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.

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