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

Washington, D.C. 20049

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL

OMB Number: 3235-0287

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

1. Name and Address of Reporting Person* FELTES KAREN S					2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]										eck all applic Directo	ionship of Reporting all applicable) Director		10% Ov	wner
(Last) (First) (Middle) 1411 E MISSION AVE					3. Date of Earliest Transaction (Month/Day/Year) 01/07/2008										below)	cer (give title Other (s below) r VP & Corporate Secretary			
(Street) SPOKANE WA 99202				4. If A	4. If Amendment, Date of Original Filed (Month/Day/Year)									6. Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(Sta	, ,	(ip) ====================================	n-Deriv	ative	Seci	uritie	es Aco	uired.	Dis	posed o	f. or	r Ben	eficiall	v Owned				
1. Title of Security (Instr. 3) 2. Transac Date (Month/Da					iction	2A. Exe	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (Disposed Of (D) (Instr. 3		(A) or	5. Amoui Securitie Beneficia Owned F	Amount of curities neficially vned Following		: Direct r Indirect str. 4)	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount		(A) or (D)	Price	Reported Transact (Instr. 3 a	ion(s)			(Instr. 4)
Common Stock - Performance Shares 01/07/					/2008	2008			M		3,445		A	(1)	18,	18,684		D	
Common Stock - Performance Shares 01/07/.					2008				F		952(2)		D	\$20.7:	17,732			D	
Common Stock - Restricted Share Award 01/07/					/2008				F		272(3)		D	\$20.7	5 17,	17,460		D	
Common Stock - shares held in 401(k) Investment Plan															6-	646			by Trustee
		Ta	able II -								osed of, convertil				Owned		,		
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deer Execution if any (Month/E	Date, Trans			of Deri Sec Acq (A) o Disp of (I	ivative urities uired or oosed O) tr. 3, 4	6. Date E Expiratio (Month/D	n Dat		Amo Sec Und Deri	7. Title and Amount of Securities Underlying Derivative Securi (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number derivative Securities Beneficial Owned Following Reported Transactio (Instr. 4)	Owr Forr Dire or Ir (I) (I	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	- 1	Amount or Number of Shares					
Conversion of 2005 Performance	(1)	01/07/2008			M			5,300	(1)		(1)		nmon tock	5,300	(1)	0		D	

Explanation of Responses:

- 1. Each performance share represented a contingent right to receive a share of Avista Common Stock upon Avista achieving a specified performance measure.
- 2. Shares sold to pay income tax on Performance Shares acquired on 1/7/2008.
- 3. Shares sold to pay income tax on restricted shares that vested on 1/7/2008.

/s/ Karen S. Feltes

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.

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.