FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

	OMB APPROVAL								
1	0.45.1.	2005 2007							
1	OMB Number:	3235-0287							
1	Expires:	December 31,							
1	Expires.	2014							
1	Estimated average	burden							

0.5

hours per response:

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

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* POWELL LURA J						2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
						[]							_	X Director	Director		10% Owner		
(Last)	Last) (First) (Middle)					3. Date of Earliest Transaction (Month/Day/Year) 05/08/2003								Officer (give title below)			Other (specify below)		
						4. If Amendment, Date of Original Filed (Month/Day/Year)								6. Individual or Joint/Group Filing (Check Applicable Line)					
(Street)														X Form filed by One Reporting Person				.	
(City)	City) (State) (Zip)													Form filed by More than One Reporting Person					
		Tab	le I - Non-	-Deriva	ative	Sec	uritie	s A	cquired, D	Disp	osed o	f, or Bei	neficial	ly Owned	l				
1. Title of Security (Instr. 3) 2. Transac Date (Month/Date)					Execution Date,		, Transaction Disposed Code (Instr. 5)		ities Acquired (A) od d Of (D) (Instr. 3, 4		Benefici Owned F	s ally Following	Form	: Direct · Indirect I str. 4)	7. Nature of Indirect Beneficial Ownership				
							Code	v	Amount	(A) or (D)	Price	Transact	Reported Transaction(s) (Instr. 3 and 4)			(Instr. 4)			
	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/Yea	ate, T	Code (Inst				6. Date Exercisable Expiration Date (Month/Day/Year)		Amount of		f g Security	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	ly	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership (Instr. 4)	
				c	Code	v	(A)	(D)	Date Exercisable		expiration pate	Title	Amount or Number of Shares						
Director Stock Options	12.41	05/08/2003			A		3,000		05/08/2003 ⁽¹⁾) 0	5/08/2013	Common Stock	3,000	\$0	3,000		D		

Explanation of Responses:

1. The options vest in two equal annual installments beginning on the first anniversary of the grant date.

05/09/2003 /s/ Lura J. Powell

** 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.