FORM 4

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

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

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1. Name and Address of Reporting Person* MEYER DAVID J					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 Officer (give title Other (specify						
(Last) 1411 E M	(Fi MISSION A	,	(Middle)			3. Date of Earliest Transaction (Month/Day/Year) 12/13/2010								X	below)) "		Other (spe below) Chief Counsel	
(Street) SPOKAN	NE W	Α !	99202		4. 1	f Amer	ndmer	nt, Date o	of Origina	al File	ed (Month/D	ay/Year)		6. Indiv Line) X	Form	Joint/Group filed by One filed by Mor	e Reportin	g Perso	n
(City)	(St	tate) ((Zip)												Perso	n 			
		Tab	le I - No	on-Deri	vative	Sec	uriti	ies Acc	quired	, Di	sposed o	of, or Be	enefic	ially	Owne	t t			
Date			2. Transa Date (Month/D		Exe	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) o Disposed Of (D) (Instr. 3, 4 a			nd 5)	5. Amount of Securities Beneficially Owned Following		6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	rect lirect 4)	7. Nature of Indirect Beneficial Ownership	
								Code	v	Amount	(A) or (D)	Price		Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common	Stock			12/10	/2010				M ⁽¹⁾		3,000	A	\$1	1.8	6	,799	D		
Common Stock		12/13	3/2010				S ⁽¹⁾		3,000	D	\$22.	1908 3,7		,799	D				
Common Plan	Stock held	in 401 (k) Inves	tment												10	,512	I		by Trustee
Common Plan	Stock held	in Executive De	ferral												9,	,174	I		by Trustee
Common Davidson	Stock held	in IRA at D.A.													2,	,483	I		by Trustee
		Т	able II								osed of converti				wned				
1. Title of Derivative Security (Instr. 3)	erivative Conversion Date Execution Date, or Exercise (Month/Day/Year) if any			Transaction Code (Instr.		n of I		Exerci on Dat Day/Ye		7. Title and Amount of Securities Underlying Derivative Secur (Instr. 3 and 4)		De Se (Ir	rivative curity str. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owr Fori Dire or Ir (I) (I	nership n: ct (D) ndirect nstr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
					Code	v	(A)		Date Exercisa	ble	Expiration Date	Title	Amou or Number of Shares	er					
Exercise of Stock Option	\$11.8	12/13/2010			M			3,000	(2)		11/08/2011	Common Stock	3,00	0 \$	22.1908	11,000 ⁽³	3)	D	

Explanation of Responses:

- 1. Exercise and sale of Option Grant acquired 11/08/2001.
- $2.\ Options\ vest\ on\ four\ equal\ annual\ installments\ beginning\ the\ first\ anniversary\ of\ the\ grant\ date.\ Mr.\ Meyer\ acquired\ an\ option\ grant\ of\ 35,000\ shares\ in\ 11/08/2001.$
- 3. Total reflects the number of derivative securities remaining for this particular option grant.

/s/ David J. Meyer 12/13/2010

** 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.