AVISTA CORP Form 4 January 13, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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may continue.

See Instruction

Check this box

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1(b).

(Print or Type Responses)

	ddress of Reporting Per MALYN K	Symbol	Name and Ticker or Trading	5. Relationship of Issuer	5. Relationship of Reporting Person(s) to Issuer			
(I I)	(Einer) (Mid		CORP [AVA]	(Check	all applicable))		
	(First) (Mid VER FRONT 7, SUITE 300	(Month/Day 01/09/200	· · · · · · · · · · · · · · · · · · ·	Director _X_ Officer (give below) Executive				
	(Street)	4. If Amend Filed(Month/	lment, Date Original /Day/Year)	6. Individual or Joi Applicable Line) _X_ Form filed by O				
SOUTH JOI	RDAN, UT 84095			Form filed by M Person				
(City)	(State) (Zi	p) Table I	I - Non-Derivative Securities A	cquired, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	(A) or			7. Nature of Indirect Beneficial Ownership (Instr. 4)		

Security (Instr. 3)	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8)			Securities Beneficially Owned	Ownership Form: Direct (D)	Indirect Beneficia Ownersh	
		, ,	Code V	Amount	(A) or (D)	Price	Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I) (Instr. 4)	(Instr. 4)
Common Stock - Performance Shares	01/09/2009		M	15,576	A	<u>(1)</u>	55,579	D	
Common Stock - Performance Shares	01/09/2009		F	4,269 (2)	D	\$ 19.15	51,310	D	
Common Stock - 2006 Restricted Share Award	01/09/2009		S	309 (3)	D	\$ 19.1	51,001	D	

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Common Stock held in 401(k) Investment Plan	3,021	I	by Trustee
Common Stock held in Executive Deferral Plan	10,166	I	by Trustee
Common Stock held by Family Trust (4)	9,500	I	by Trust

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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(9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1	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)	ransactionDerivative Expiration Date Unode Securities (Month/Day/Year) (Ir		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		
					Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
]	Conversion of 2006 Performance Shares	<u>(1)</u>	01/09/2009		M	13,200	<u>(1)</u>	<u>(1)</u>	Common Stock	13,200

Reporting Owners

Reporting Owner Name / Address	Relationships					
topotong owner tunner transcoo	Director	10% Owner	Officer	Other		
MALQUIST MALYN K 10653 S. RIVER FRONT PARKWAY SUITE 300 SOUTH JORDAN, UT 84095			Executive Vice President			

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Signatures

/s/ Malyn K. 01/13/2009 Malquist

**Signature of Date
Reporting Person

Explanation of Responses:

- * 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).
- (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 1/9/2009.
- (3) Shares sold to pay income tax on final 1/3 of 2006 restricted shares that vested on 12/31/2008.
- (4) The Malquist Family Trust, dated February 5, 1999, with Malyn K. Malquist and Georgia G. Malquist, Trustees

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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