TAYLOR R JOHN Form 4

May 11, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

Number:

Expires:

January 31,

2005

0.5

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if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

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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)

See Instruction

1. Name and Address of Reporting Person * TAYLOR R JOHN			2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]	5. Relationship of Reporting Person(s) to Issuer		
(Last) (First) (Middle		(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
			(Month/Day/Year)	X Director 10% Owner		
1411 E MISSION AVE			05/10/2011	$\frac{\text{Officer (give title }}{\text{below})} \frac{\text{Other (specify}}{\text{below})}$		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person		
SPOKANE,	, WA 99202			Form filed by More than One Reporting Person		

(City)	(State) (Zip) 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. Transactio Code (Instr. 8)	4. Securion(A) or D (Instr. 3,	ispose	d of (D)	5. Amount of 6. Securities Ownership Beneficially Form: Direct Owned (D) or Following Indirect (I) Reported (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
			Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)		
Common Stock	05/10/2011		A(1)	2,000 (2)	A	\$ 24.99 (1)	7,234	D	
Common Stock	05/10/2011		M(3)	3,000	A	\$ 20.11	10,234	D	
Common Stock	05/10/2011		S(3)	2,380	D	\$ 25.415	7,854	D	
Shares held in Deferral Account							5,496	I	by Trustee
Shares							4,000	I	by Trustee

held in **Profit** Sharing Plan

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

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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. Transactic Code (Instr. 8)	5. Number on 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 Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Exercise of Stock Option	\$ 20.11	05/10/2011		M	3,000	<u>(4)</u>	05/10/2011	Common Stock	3,000

Reporting Owners

Reporting Owner Name / Address	Relationships							
rg -	Director	10% Owner	Officer	Other				
TAYLOR R JOHN								
1411 E MISSION AVE	X							
SPOKANE, WA 99202								
Signatures								

/s/ R. John 05/11/2011 **Taylor** Date

**Signature of 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).

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- (1) Shares issued under the Long Term Incentive Plan (LTIP) as an award of stock for director compensation. The price per share (per the LTIP) is the closing price on May 9, 2011.
- (2) Shares issued as part of Mr. Tylor's director retainer.
- (3) Exercise and sale of Option Grant expiring 05/10/2011
- (4) Option vest in four (4) equal installments beginning the first anniversary date of the grant. Mr. Taylor acquired the option grant of 3,000 shares on 5/10/2001.
- (5) Total reflects the number of derivative securities remaining for this particular grant.

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.