AVISTA CORP Form 4 February 19, 2008

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION

OMB APPROVAL

Washington, D.C. 20549
Check this box

OMB Number: 3235-0287 Expires: January 31,

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires. 2005
Estimated average burden hours per response... 0.5

Form 5 obligations may continue.

See Instruction

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).

Executive

(Print or Type Responses)

1. Name and Add MEYER DAY	Symbol	2. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]				5. Relationship of Reporting Person(s) to Issuer				
(Last) 1411 E MISS	(First) (Mic	(Month/Day	3. Date of Earliest Transaction (Month/Day/Year) 02/15/2008				(Check all applicable) Director 10% OwnerX_ Officer (give title Other (specify below) Vice President			
SPOKANE, V	(Street) WA 99202		4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
(City)	(State) (Zi	ip) Taka	I N D				Person	e De	l- 01	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Table	3. Transactic Code (Instr. 8) Code V	4. Securion OnAcquirec Disposed (Instr. 3,	ities d (A) or d of (D) 4 and 5 (A) or		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of	
Stock - Restricted Shares	02/15/2008		A	1,300	A	<u>(1)</u>	13,678	D		
Common Stock held in 401(k) Investment Plan							9,771	I	by Trustee	
Common Stock held in							7,726	I	by Trustee	

Deferral Plan

Common

Stock held in 5,743 I by Trustee

IRA

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

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 control number.

SEC 1474

(9-02)

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 conf 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)		8 I S (
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Performance Shares	<u>(2)</u>	02/15/2008		A	5,100	(3)	(3)	Common Stock	5,100	

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

MEYER DAVID J 1411 E MISSION AVE SPOKANE, WA 99202

Vice President

Signatures

/s/ David J. 02/19/2008 Meyer

**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)

Reporting Owners 2

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Restricted shares vest one-third each year over a three-year period and are payable in Avista Corp. Common stock at the end of each year in the three-year period.

- (2) No conversion price. Shares awarded if performance measure is met.
- (3) Each performance cycle is three years in length. Shares will be issued at the end of each three-year cycle if performance measure is met. 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.