SEC Form 4

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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*	2. Issuer Name **and** Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)
MEYER DAVID J	AVISTA CORP [AVA]	

1. Name and Address of Reporting Person*

MEYER DAVID J

(Last) (First) (Middle)

1411 E MISSION AVE

(Street)

SPOKANE   WA   99202

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

AVISTA CORP [AVA]

3. Date of Earliest Transaction (Month/Day/Year)

01/05/2007

4. If Amendment, Date of Original Filed (Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer (Check all applicable)

	Director		10% Owner
X	Officer (give title below)		Other (specify below)

Vice President

6. Individual or Joint/Group Filing (Check Applicable Line)

X   Form filed by One Reporting Person

Form filed by More than One Reporting Person

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. Transaction Code (Instr. 8) Code	V	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5) Amount	(A) or (D)	Price	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 Indirect Beneficial Ownership (Instr. 4)
Common Stock - Performance Shares	01/05/2007		M		18,910	A	(1)	42,898	D	
Common Stock - Performance Shares	01/05/2007		F		3,439(2)	D	$24.72	39,459	D	
Common Stock - Performance Shares	01/05/2007		J(3)		3,687(3)	D	(3)	35,772	D	

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. Transaction Code (Instr. 8) Code	V	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) (A)	(D)	6. Date Exercisable and Expiration Date (Month/Day/Year) Date Exercisable	Expiration Date	7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4) Title	Amount or Number of Shares	8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
Conversion of 2004 Performance Shares	(1)	01/05/2007		M			15,500	(1)	(1)	Common Stock	15,500	(1)	0	D	
Deferred Performance Shares	(1)	01/05/2007		J(3)		3,687		(3)	(3)	Common Stock	3,687(3)	(3)	7,411	I	By Trustee

Explanation of Responses:

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 1/5/2007.

3. Shares placed in Executive Deferral Plan of Avista Corp. and will be settled in Avista Corp. Common Stock upon the reporting person's retirement.

/s/ David J. Meyer   01/09/2007

** Signature of Reporting Person   Date