FELTES KAREN S

Form 4 May 21, 2007

FORM 4

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

OMB Number: 3235-0287

5. Relationship of Reporting Person(s) to

Issuer

Check this box if no longer STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Expires: January 31, 2005

OMB APPROVAL

if no longer subject to Section 16. Form 4 or

GES IN BENEFICIAL OWNERSHIP OF SECURITIES

Estimated average burden hours per response... 0.5

Form 4 or 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

2. Issuer Name and Ticker or Trading

AVISTA CORP [AVA]

Symbol

1(b).

Stock

(Print or Type Responses)

FELTES KAREN S

1. Name and Address of Reporting Person *

			A	AVISTA CORP [AVA]					(Check all applicable)			
(Last) (First) (Middle) 1411 E MISSION AVE			(1	3. Date of Earliest Transaction (Month/Day/Year) 05/18/2007					Director 10% Owner X Officer (give title Other (specify below)			
				4. If Amendment, Date Original Filed(Month/Day/Year)				Ap _X —	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
			(T)					Pei	Person			
	(City)	(State)	(Zip)	Table	e I - Non-D	erivative S	Securi	ties Acquire	ed, Disposed of, o	r Beneficially	y Owned	
	1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		on Date, if Transaction Disposed of (D) Code (Instr. 3, 4 and 5) Day/Year) (Instr. 8) (A) or		(D)	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 in 401(k) Investment Plan	05/18/2007			S	1,691 (1)	D	\$ 23.65	633	I	by Trustee	
	Common Stock	05/18/2007			M	2,800	A	\$ 17.31	18,039	D		
	Common Stock	05/18/2007			S	2,800	D	\$ 23.4732	15,239	D		
	Common Stock	05/18/2007			M	12,000	A	\$ 11.8	27,239	D		

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Common Stock	05/18/2007	S	12,000	D	\$ 23.4732	15,239	D
Common Stock	05/18/2007	M	9,000	A	\$ 10.17	24,239	D
Common Stock	05/18/2007	S	9,000	D	\$ 23.4732	15,239	D

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

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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. 5. Number of TransactionDerivative Code Securities (Instr. 8) 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	
Exercise of Stock Option	\$ 17.31	05/18/2007		M	2,800	(2)	11/11/2009	Common Stock	2,800	
Exercise of Stock Option	\$ 11.8	05/18/2007		M	12,000	<u>(4)</u>	11/08/2011	Common Stock	12,000	
Exercise of Stock Option	\$ 10.17	05/18/2007		M	9,000	<u>(5)</u>	11/07/2012	Common Stock	9,000	

Reporting Owners

Reporting Owner Name / Address	Relationships						
r g	Director	10% Owner	Officer	Other			
FELTES KAREN S							
1411 E MISSION AVE			Sr. VP & Corp. Secretary				
SPOKANE, WA 99202							

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Signatures

/s/ Karen S. 05/21/2007 Feltes

**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) Transaction done to reallocate/balance funds within 401(k) Investment Plan. Total dollar balance in 401(k) Investment Plan remains the same.
- Options vest in four equal annual installments beginning on the first anniversary of the grant date. 2,800 options were granted on 11/11/1999.
- (3) Total reflects the number of derivative securities remaining under this particular option grant.
- Options vest in four equal annual installments beginning on the first anniversary of the grant date. 12,000 options were granted on 11/08/2001.
- Options vest in four equal annual installments beginning on the first anniversary of the grant date. 9,000 options were granted on 11/07/2002.

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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