

MEYER DAVID J
Form 4
March 15, 2012

FORM 4

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

OMB APPROVAL

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STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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

(Print or Type Responses)

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)
03/14/2012

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
 Officer (give title below) ___ Other (specify below)
Vice President

6. Individual or Joint/Group Filing (Check Applicable Line)
 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) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 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) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|
| | | | Code | V Amount (A) or (D) Price | | | |
| Common Stock | 03/14/2012 | | M ⁽¹⁾ | 1,500 A \$ 10.17 | 4,992 | D | |
| Common Stock | 03/14/2012 | | S ⁽¹⁾ | 1,500 D \$ 25.5747 | 3,492 | D | |
| Common Stock | 03/15/2012 | | M ⁽¹⁾ | 763 A \$ 10.17 | 4,255 | D | |
| Common Stock | 03/15/2012 | | S ⁽¹⁾ | 763 D \$ 24.99 | 3,492 | D | |
| Common Stock | 03/14/2012 | | S | 300 D \$ 25.575 | 3,192 | D | |

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| | | | |
|---|-------|---|------------|
| Common Stock held in 401(k) Investment Plan | 3,635 | I | by Trustee |
| Common Stock held in Executive Deferral Account | 7,588 | I | by Trustee |
| Common Stock held in IRA at DA Davidson | 1,142 | I | by Trustee |

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. Transaction Code (Instr. 8) | 5. Number of Derivative Securities (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. Amount or Number of Shares | 8. II. De. Sec. (In |
|--|--|--------------------------------------|--|--------------------------------|--|--|---|----------------------------------|---------------------|
| | | | | Code | V (A) (D) | Date Exercisable | Expiration Date | Title | |
| Exercise of Stock Option | \$ 10.17 | 03/14/2012 | | M | 1,500 | (2) 11/07/2012 | Common Stock | 1,500 | 25 |
| Exercise of Stock Option | \$ 10.17 | 03/15/2012 | | M | 763 | (2) 11/07/2012 | Common Stock | 763 | \$ |

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
Meyer

03/15/2012

__Signature of
Reporting Person

Date

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) Exercise and Sale of Stock Option Grant expiring 11/7/2012
- (2) Option vest in four (4) equal installments the first anniversary date of grant. Mr. Meyer acquired the option grant of 26,250 11/7/2002
- (3) Total reflects the number of derivative securities remaining for the 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.
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