

Edgar Filing: WOODWORTH ROGER D - Form 4

Plan				
Common Stock held in Executive Deferral Plan	8,643	I	by Trustee	
Common Stock held in IRA	400	I	by Trustee	
Common Stock held in IRA by Spouse	1,000	I	by Trustee	
Common Stock held by Child, Patrick Woodworth	122	I	held by Child	
Common Stock held by child, Bryce Woodworth	165	I	held by Child	
Common Stock held by child, Brianna Woodworth	122	I	held by Child	

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. Transaction Code (Instr. 8)	5. Number of 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. Amount or Number of Shares
	<u>(1)</u>	01/11/2011		M	5,100	<u>(1)</u> <u>(1)</u>		5,100

Conversion
of 2008
Performance
Shares

Common
Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WOODWORTH ROGER D 1411 E MISSION AVE SPOKANE, WA 99202			Vice President	

Signatures

/s/ Roger D
Woodworth 01/12/2011

__Signature of Reporting Date
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) Each performance share represented a contingent right to receive a share of Avista Common Stock upon Avista achieving a specified performance measure.
- (2) Shares withheld to pay income tax on Performance Shares acquired 1/11/2011

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.