

Thoren Diane C
 Form 3
 June 19, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF 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)

<p>1. Name and Address of Reporting Person *</p> <p>Thoren Diane C</p> <p>(Last) (First) (Middle)</p> <p>1411 E. MISSION AVENUE</p> <p>(Street)</p> <p>SPOKANE, WA 99202</p> <p>(City) (State) (Zip)</p>	<p>2. Date of Event Requiring Statement</p> <p>(Month/Day/Year)</p> <p>06/12/2009</p>	<p>3. Issuer Name and Ticker or Trading Symbol</p> <p>AVISTA CORP [AVA]</p>	<p>4. Relationship of Reporting Person(s) to Issuer</p> <p>(Check all applicable)</p> <p><input type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input checked="" type="checkbox"/> Officer <input type="checkbox"/> Other (give title below) (specify below) Treasurer</p>	<p>5. If Amendment, Date Original Filed(Month/Day/Year)</p>	<p>6. Individual or Joint/Group Filing(Check Applicable Line)</p> <p><input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person</p>
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Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	1,547	D	Thoren Diane C
Common Stock held in 401(k) Investment Plan	4,024	I	by Trustee
Common Stock held in Executive Deferral Plan	944	I	by Trustee
Common Stock held in Custodial Account for Grandson	36	I	by Grandson Zachary Brown
Common Stock held in Custodial Account for Niece	56	I	by Niece Meagan Cuthill
Common Stock held in Custodial Account for Niece	36	I	by Niece Katherine Cuthill
Common Stock held in Custodial Account for Niece	12	I	by Niece McIntyre Cuthill

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Common Stock held in Custodial Account for Granddaughter	22	I	by Granddaughter McKenzie Brown
Common Stock held in Custodial Account for Grandson	13	I	by Grandson Colton Materne
Common Stock held in Custodial Account for Granddaughter	6	I	by Granddaughter Avery Materne

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. SEC 1473 (7-02)

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Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			
2000 Stock Option Grant	11/09/2004 ⁽¹⁾	11/09/2010	Common Stock	2,400	\$ 22.54	D	^
2001 Stock Option Grant	11/08/2005 ⁽¹⁾	11/08/2011	Common Stock	5,200	\$ 11.8	D	^
2002 Stock Option Grant	11/07/2006 ⁽¹⁾	11/07/2012	Common Stock	2,700	\$ 10.17	D	^
2007 Performance Share Grant	^ (2)	^ (2)	Common Stock	370	\$ (3)	D	^
2008 Performance Share Grant	^ (2)	^ (2)	Common Stock	800	\$ (3)	D	^
2009 Performance Share Grant	^ (2)	^ (2)	Common Stock	800	\$ (3)	D	^

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Thoren Diane C 1411 E. MISSION AVENUE SPOKANE, WA 99202	^	^	^ Treasurer	^

Signatures

/s/ Diane C.
Thoren

06/19/2009

__Signature of
Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 5(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) Grant vests 25% each year beginning one year following date of grant. Grant is 100% vested four years following date of grant.
 - (2) Each performance cycle is three years in length. Shares will be issued at the end of each three-year cycle if performance is met.
 - (3) No conversion price. Shares awarded 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.