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AVISTA CO Form 4 August 07, 20													
FORM	Л									OMB AF	PROVAL		
	■ UNITED S	TATES				ND EXC D.C. 205		IGE CO	OMMISSION	OMB Number:	3235-0287		
Check this if no longe subject to Section 16 Form 4 or Form 5 obligation may contin <i>See</i> Instruct 1(b).	Filed purs Section 17(a)	uant to s) of the	F CHANC	GES IN SECUI (a) of th lity Hol	Expires: January 31, 2005 Estimated average burden hours per response 0.5								
(Print or Type R	esponses)												
1. Name and Ac MALQUIST	ldress of Reporting P MALYN K	erson <u>*</u>	2. Issuer I Symbol AVISTA				rading	>	5. Relationship of l Issuer	Reporting Pers	on(s) to		
				VISTA CORP [AVA] Date of Earliest Transaction					(Check all applicable)				
			(Month/Da	(Month/Day/Year) 08/06/2007					Director 10% Owner X Officer (give title Other (specify below) below) below) Executive Vice President & CFO				
	(Street)		4. If Amene Filed(Month			Original			6. Individual or Joi Applicable Line) _X_ Form filed by O	ne Reporting Per	son		
SPOKANE,	WA 99202								Form filed by Me Person	ore than One Rej	porting		
(City)	(State) (Z	Zip)	Table	I - Non-J	De	rivative S	ecurit	ies Acqu	iired, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Executi any		Code (Instr. 8	3)	4. Securit r(A) or Di (Instr. 3,	(A) or	d of (D) 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)		
Common Stock	08/06/2007			P	v	Amount 300	(D) A	Price \$ 18.93	8,300	Ι	Family Trust <u>(1)</u>		
Common Stock	08/06/2007			Р		100	А	\$ 18.94	8,400	I	Family Trust <u>(1)</u>		
Common Stock	08/06/2007			Р		500	А	\$ 18.95	8,900	Ι	Family Trust <u>(1)</u>		
Common Stock	08/06/2007			Р		100	A	\$ 18.96	9,000	Ι	Family Trust <u>(1)</u>		
Common Stock									28,255	D			

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Common			
Stock in			
401(k)	2,724	Ι	by Trustee
Investment			
Plan			
Common Stock held in Executive Deferral Plan	9,662	I	by Trustee

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

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displays a currently valid OMB control	
number.	
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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)	4. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	7. Titl Amou Under Secur (Instr.	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Add	Iress Relationships							
	Director	10% Owner	Officer	Other				
MALQUIST MALYN K 1411 E MISSION AVENU SPOKANE, WA 99202	ΪĒ		Executive Vice President & CFO					
Signatures								
/s/ Malyn K. Malquist	08/07/2007							
<u>**</u> 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) Shares held in The Malquist Family Trust, dated February 5, 1999, with Malyn K. Malquist and Georgia G. Malquist, Trustees.

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.