

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APPROVAL	
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* <u>AMBERG DEBORAH A</u> (Last) (First) (Middle) <u>30 WEST SUPERIOR STREET</u> (Street) <u>DULUTH MN 55802</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) 03/08/2004	3. Issuer Name and Ticker or Trading Symbol <u>ALLETE INC [ALE]</u>
		4. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner <input checked="" type="checkbox"/> Officer (give title below) Other (specify below) <p style="text-align: center;"><u>VP, Gen. Counsel & Secretary</u></p>

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	2,339.23	D	
Common Stock	2,709.84	I	By RSOP Trust

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: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date				
Emp. Stk. Opt. - Rt. to Buy	(1)	01/02/2006	Common Stock	1,526	14.31	D
Emp. Stk. Opt. - Rt. to Buy	(2)	01/02/2007	Common Stock	1,640	13.69	D
Emp. Stk. Opt. - Rt. to Buy	(3)	01/02/2008	Common Stock	1,152	21.63	D
Emp. Stk. Opt. - Rt. to Buy	(4)	01/04/2009	Common Stock	2,110	21.94	D
Emp. Stk. Opt. - Rt. to Buy	(5)	01/03/2010	Common Stock	2,333	16.25	D
Emp. Stk. Opt. - Rt. to Buy	(6)	01/02/2011	Common Stock	1,578	23.63	D
Emp. Stk. Opt. - Rt. to Buy	(7)	01/02/2012	Common Stock	1,402	25.68	D
Emp. Stk. Opt. - Rt. to Buy	(8)	02/03/2013	Common Stock	1,402	20.51	D

Explanation of Responses:

- 50% was exercisable on January 2, 1997 and 50% on January 2, 1998.
- 50% was exercisable on January 2, 1998 and 50% on January 2, 1999.
- 50% was exercisable on January 4, 1999 and 50% on January 4, 2000.
- 50% was exercisable on January 3, 2000 and 50% on January 3, 2001.
- 50% was exercisable on January 2, 2001 and 50% on January 2, 2002.
- 50% was exercisable on January 2, 2002 and 50% on January 2, 2003.
- 50% was exercisable on January 2, 2003 and 50% on January 2, 2004.
- 50% was exercisable on February 3, 2004 and 50% will be exercisable on February 3, 2005.

Remarks:

Deborah A. Amberg

** Signature of Reporting Person

03/15/2004

Date

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

* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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 Number.

POWER OF ATTORNEY

Know all by these presents, that the undersigned hereby constitutes and appoints each of Ingrid K. Johnson, Christopher D. Anderson, Bethany M. Owen, Lyssa S. Supins

(1) execute for and on behalf of the undersigned, in the undersigned's capacity as an officer and/or director of ALLETE, Inc. (Company), Forms 3, 4, and 5 in accordance

(2) do and perform any and all acts for and on behalf of the undersigned which may be necessary or desirable to complete and execute any such Forms 3, 4, or 5, complete

(3) take any other action of any type whatsoever in connection with the foregoing which, in the opinion of such attorney-in-fact, may be of benefit to, in the best interest

The undersigned hereby grants to each such attorney-in-fact full power and authority to do and perform any and every act and thing whatsoever requisite, necessary, and

The undersigned acknowledges that the foregoing attorneys-in-fact, in serving in such capacity at the request of the undersigned, are not assuming, nor is the Company

This Power of Attorney shall remain in full force and effect until the undersigned is no longer required to file Forms 3, 4, and 5 with respect to the undersigned's

IN WITNESS WHEREOF, the undersigned has caused this Power of Attorney to be executed as of this 15th day March, 2004.

/s/ Deborah A. Amberg