

MALASKI JAMES I
Form 144
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SEC USE ONLY

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

FORM 144

NOTICE OF PROPOSED SALE OF SECURITIES
 PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: *Transmit for filing 3 Copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

1(a) NAME OF ISSUER <i>(Please type or print)</i>	(b) IRS IDENT. NO.	(c) S.E.C. FILE NO.
Alpena Bancshares, Inc.	38-3567362	0001128227

1(d) ADDRESS OF ISSUER	STREET	CITY	STATE	ZIP CODE	(e) TELEPHONE NO.
AREA CODENUMBER 100 S. Second AvenueAlpenaMI49707989356-9041					

2(a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD	(b) IRS IDENT. NO.	(c) RELATIONSHIP TO ISSUER	(d) ADDRESS	STREET	CITY	STATE	ZIP CODE
James I. Malaski	381-54-6671	Senior Officer	100	S. Second Avenue	Alpena	MI	49707

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

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<i>3(a)</i> Title of the Class of Securities To Be Sold	<i>(b)</i> Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker who is Acquiring the Securities	SEC USE ONLY <hr/> Broker-Dealer File Number	<i>(c)</i> Number of Shares or Other Units To Be Sold <i>(See instr. 3(c))</i>	<i>(d)</i> Aggregate Market Value <i>(See instr. 3(d))</i>
Common Stock, par value \$1.00 per share	Edward Jones, 3300 W. Washington Ave., Suite 11 Alpena, MI 49707		5238	125712

<i>(e)</i> Number of Shares or Other Units Outstanding <i>(See instr. 3(e))</i>	<i>(f)</i> Approximate Date of Sale <i>(See instr. 3(f))</i> (MO. DAY YR.)	<i>(g)</i> Name of Each Securities Exchange <i>(See instr. 3(g))</i>
1657480	11/21/2003	Over-The-Counter Bulletin Board

INSTRUCTIONS:

1. (a) Name of issuer

(b) Issuer's
I.R.S.
Identification
Number

(c) Issuer's
S.E.C. file
number, if
any (d) Issuer's
address,
including zip
code

(e) Issuer's
telephone
number,
including area
code 2.

(a) Name of
person for
whose
account the
securities are
to be sold

(b) Such
person's I.R.S.
identification
number, if
such a person
is an entity

(c) Such
person's
relationship
to the issuer
(e.g., officer,
director, 10%

stockholder,
or member of
immediate
family of any
of the
foregoing)

(d)Such
person s
address,
including zip
code 3.

(a)Title of the
class of
securities to
be sold

(b)Name and
address of
each broker
through
whom the
securities are
intended to be
sold

(c)Number of
shares or
other units to
be sold (if
debt
securities,
give the
aggregate
face amount)

(d)Aggregate
market value
of the
securities to
be sold as of a
specified date
within

10 days prior
to the filing
of this notice

(e)Number of
shares or
other units of
the class
outstanding,
or if debt
securities the
face amount
thereof
outstanding,
as shown by
the most
recent report
or statement
published by
the issuer

(f)Approximate
date on which
the securities
are to be sold

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(g)Name of
each
securities
exchange, if
any, on which
the securities
are intended
to be sold

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 control number.

OVER
SEC 1147 (10-00)

TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired (If gift, also give date donor acquired)	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock, par value \$1.00 per share	11/4/1994	Initial Purchase Offer	First Federal Savings and Loan Association of Alpena	3500	11/4/1994	Cash on acquisition date
Common Stock, par value \$1.00 per share	6/11/1997	Shares awarded through 1996 Recognition and Retention Plan	First Federal Savings and Loan Association of Alpena	340	No payment due to being awarded shares	Award
Common Stock, par value \$1.00 per share	6/11/1998	Shares awarded through 1996 Recognition and Retention Plan	First Federal Savings and Loan Association of Alpena	340	No payment due to being awarded shares	Award
Common Stock, par value \$1.00 per share	6/11/1999	Shares awarded through 1996 Recognition and Retention Plan	First Federal Savings and Loan Association of Alpena	340	No payment due to being awarded shares	Award
Common Stock, par value \$1.00 per share	6/11/2000	Shares awarded through 1996 Recognition and Retention Plan	First Federal Savings and Loan Association of Alpena	340	No payment due to being awarded shares	Award
Common Stock, par value \$1.00 per share	6/11/2001	Shares awarded through 1996 Recognition and Retention Plan	First Federal of Northern Michigan f/k/a First Federal Savings and Loan Association of Alpena	340	No payment due to being awarded shares	Award
Common Stock, par value \$1.00 per share	3/27/2002	Shares awarded through 1996 Recognition and Retention Plan	First Federal of Northern Michigan f/k/a First Federal Savings and Loan Association of Alpena	38	No payment due to being awarded shares	Award

INSTRUCTIONS:

1. If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last

installment paid.

2. If within two years after the acquisition of the securities the person for whose account they are to be sold had any short positions, put or other option to dispose of securities referred to in paragraph (d)(3) of Rule 144, furnish full information with respect thereto.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
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REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

11/17/2003

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DATE OF NOTICE

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

/s/ James I. Malaski

(SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)