ALLETE INC Form 4 May 26, 2005

FORM 4

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

Check this box if no longer subject to Section 16.

Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

OMB APPROVAL

OMB Number:

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Form 5 obligations may continue. See Instruction 1(b).

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)

1. Name and Address of Reporting Person * STENDER BRUCE W

2. Issuer Name and Ticker or Trading Symbol

5. Relationship of Reporting Person(s) to Issuer

ALLETE INC [ALE]

(Check all applicable)

(Last)

(First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year)

_X__ Director Officer (give title

10% Owner Other (specify

227 WEST FIRST STREET, SUITE

(Street)

880

01/28/2005

4. If Amendment, Date Original

below)

6. Individual or Joint/Group Filing(Check

Filed(Month/Day/Year)

Applicable Line)

X Form filed by One Reporting Person Form filed by More than One Reporting

DULUTH, MN 55802

(City)

(State)	(Zıp)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned
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1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securi n(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		, ,
	Common Stock	05/24/2005		M	1,250	A	\$ 25.08	11,037.97	D	
	Common Stock	05/24/2005		M	1,293	A	\$ 25.45	12,330.97	D	
	Common Stock	05/24/2005		M	1,293	A	\$ 27.4	13,623.97	D	
	Common Stock	05/24/2005		M	1,293	A	\$ 29.79	14,916.97	D	
	Common Stock	05/24/2005		M	1,293	A	\$ 26.91	16,209.97	D	

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Common Stock 05/24/2005 S 6,422 D \$ 9,787.97 D

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

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SEC 1474 (9-02)

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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)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transacti Code (Instr. 8)	ransaction Derivative ode Securities		6. Date Exerc Expiration D (Month/Day/	ate	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Option - Right to Buy	\$ 25.08 (1)	05/24/2005		M		1,250 (1)	(2)	01/02/2008	Common Stock	1,250
Stock Option - Right to Buy	\$ 25.45 (<u>3)</u>	05/24/2005		M		1,293 (3)	<u>(4)</u>	01/04/2009	Common Stock	1,293
Stock Option - Right to Buy	\$ 27.4 <u>(5)</u>	05/24/2005		M		1,293 (5)	<u>(6)</u>	01/02/2011	Common Stock	1,293
Stock Option - Right to Buy	\$ 29.79 <u>(7)</u>	05/24/2005		M		1,293 (7)	(8)	01/02/2012	Common Stock	1,293
Stock Option - Right to Buy	\$ 26.91 (9)	05/24/2005		M		1,293 (9)	(10)	01/02/2013	Common Stock	1,293

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

STENDER BRUCE W
227 WEST FIRST STREET, SUITE 880 X
DULUTH, MN 55802

Signatures

Ingrid K. Johnson for Bruce W. Stender

05/26/2005

**Signature of Reporting Person

Date

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) This option was previously reported as covering 1,450 shares at an exercise price of \$21.63 per share, but was adjusted to reflect the spin off of ALLETE's subsidiary, ADESA, Inc., and the reverse stock split on September 20, 2004.
- (2) This option vested 50% on January 2, 1999 and 50% on January 2, 2000.
- This option was previously reported as covering 1,500 shares at an exercise price of \$21.94 per share, but was adjusted to reflect the spin off of ALLETE's subsidiary, ADESA, Inc., and the reverse stock split on September 20, 2004.
- (4) This option vested 50% on January 4, 2000 and 50% on January 4, 2001.
- This option was previously reported as covering 1,500 shares at an exercise price of \$23.63 per share, but was adjusted to reflect the spin off of ALLETE's subsidiary, ADESA, Inc., and the reverse stock split on September 20, 2004.
- (6) This option vested 50% on January 2, 2002 and 50% on January 2, 2003.
- (7) This option was previously reported as covering 1,500 shares at an exercise price of \$25.68 per share, but was adjusted to reflect the spin off of ALLETE's subsidiary, ADESA, Inc., and the reverse stock split on September 20, 2004.
- (8) This option vested 50% on January 2, 2003 and 50% on January 2, 2004.
- (9) This option was previously reported as covering 1,500 shares at an exercise price of \$23.20 per share, but was adjusted to reflect the spin off of ALLETE's subsidiary, ADESA, Inc., and the reverse stock split on September 20, 2004.
- (10) This option vested 50% on January 2, 2004 and 50% on January 2, 2005.

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

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