POHLMAN THOMAS H

Form 4 May 20, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB

OMB APPROVAL

Number:

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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

may continue. 30(h) of the Investment Company Act of 1940 See Instruction

1(b).

(Print or Type Responses)

1. Name and A POHLMAN	Symbol	2. Issuer Name and Ticker or Trading Symbol AMES NATIONAL CORP [ATLO]				5. Relationship of Reporting Person(s) to Issuer			
(T)	(T')						(Check all applicable)		
(Last)	(First) (N		of Earliest Tr	ansaction			Director	100	Orrman
POST OFFI		(Month/Day/Year) 05/20/2009				Director 10% OwnerX Officer (give title Other (specify below) President			
	4. If Am	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
File			Filed(Month/Day/Year)				Applicable Line)		
AMES, IA 5						_X_ Form filed by One Reporting Person Form filed by More than One Reporting Person			
(City)	(State)	(Zip) Tal	ole I - Non-D	erivative	Securi	ities Aco	quired, Disposed	of, or Beneficial	lly Owned
1.Title of	2. Transaction Date		3.	4. Securi		-		6. Ownership	7. Nature of
		Execution Date, if any	on Date, if Transaction(A) or Disposed of Code (D)			Securities Form: Direct Indirect Beneficially (D) or Beneficial			
(Ilisu: <i>3)</i>		(Month/Day/Year		(Instr. 3, 4 and 5)			Owned Following	Indirect (I) (Instr. 4)	Ownership (Instr. 4)
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common	05/20/2009		P Code v	115	(D) A	\$	9,935	D	
Stock	0312012007		1	113	11	17.5	7,733	D	

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

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

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	2.	3. Transaction Date		4.	5.	6. Date Exerc		7. Titl		8. Price of	9. Nu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transact Code (Instr. 8)	orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	:		Amou Under Securi (Instr.	lying	Derivative Security (Instr. 5)	Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			

POHLMAN THOMAS H POST OFFICE BOX 846 AMES, IA 50010

President

Signatures

Thomas H
Pohlman

**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).

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.

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