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

### FORM 8-K

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

> July 17, 2009 Date of Report (Date of Earliest Event Reported)

AMES NATIONAL CORPORATION (Exact Name of Registrant as Specified in its Charter)

IOWA (State or Other Jurisdiction of Incorporation or Organization) 0-32637 (Commission File Number) 42-1039071 (I.R.S. Employer Identification No.)

405 FIFTH STREET AMES, IOWA 50010 (Address of Principal Executive Offices)

Registrant's Telephone Number, Including Area Code: (515) 232-6251

NOT APPLICABLE

(Former Name, Former Address and Former Fiscal Year, if Changed Since Last Report)

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Item 2.02 Results of Operations and Financial Condition

Item 7.01 Regulation FD Disclosure

The following information is furnished pursuant to Items 2.02 and 7.01:

On July 17, 2009, Ames National Corporation issued a News Release announcing financial results for the three and six months ended June 30, 2009. A copy of the News Release is attached hereto as Exhibit 99.1.

Item 9.01 Financial Statements and Exhibits

(d) The following exhibit is furnished as part of this Report:

Exhibit No.

Description

99.1 News Release dated July 17, 2009

### SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this Report to be signed on its behalf by the undersigned hereunto duly authorized.

## AMES NATIONAL CORPORATION

Date: July 17, 2009

By:

/s/ Thomas H. Pohlman Thomas H. Pohlman, President (Principal Executive Officer)

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# EXHIBIT INDEX

Exhibit No.

<u>99.1</u>

Description

News Release dated July 17, 2009