Edgar Filing: STAFFORD ROBERT W - Form 4

STAFFORD	ROBERT W										
Form 4	_										
July 26, 200	5										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION									OMB APPROVAL		
UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							COMMISSION	OMB Number:	3235-0287		
Check this box									Expires:	January 31	
subject to				GES IN BENEFICIAL OWNERSHIP O SECURITIES					Estimated average burden hours per response 0.		
Form 5 obligatio may cont <i>See</i> Instru 1(b).	ns Section 17	7(a) of the	Public Ut		ling Con	npany	y Act of	e Act of 1934, E 1935 or Section 40	1		
(Print or Type I	Responses)										
STAFFORD ROBERT W Symbol AMES				er Name and Ticker or Trading NATIONAL CORP [ATLO]				5. Relationship of Reporting Person(s) to Issuer			
						പ	ILUJ	(Check all applicable)			
PO BOX 846 07/22/20 (Street) 4. If Ame			3. Date of (Month/D 07/22/20	ay/Year)	ansaction			DirectorX_ 10% Owner Officer (give title Other (specify below) below)			
			endment, Date Original onth/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person				
AMES, IA	50010							Form filed by M Person	lore than One Re	porting	
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) Execution Date any (Month/Day/			ate, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		
				Code V	Amount	or	Price	Transaction(s) (Instr. 3 and 4)			
Common stock	07/22/2005			S	2,000	D	\$ 39	281,446	D		
Common stock	07/25/2005			S	2,000	D	\$ 40.55	279,446	D		

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

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 control number.

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

D Se	. Title of Derivative ecurity 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. Transact Code (Instr. 8)	5. tionNumber of) Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	Date	d 7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne Follo Repo Trans (Instr
					Code V	/ (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Add	lress	s Relationships							
	Director	10% Owner	Officer	Other					
STAFFORD ROBERT W									
PO BOX 846		Х							
AMES, IA 50010									
Signatures									
Robert W.									
Stafford	07/26/2005								
<u>**</u> 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.