

BENSON DUANE D
 Form 4
 September 22, 2005

FORM 4

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

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 *
 BENSON DUANE D

2. Issuer Name and Ticker or Trading Symbol
 HMN FINANCIAL INC [HMNF]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 RR2 BOX 3
 (Street)

3. Date of Earliest Transaction
 (Month/Day/Year)
 09/20/2005

Director 10% Owner
 Officer (give title below) Other (specify below)

LANESBORO, MN 55949
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	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		
COMMON STOCK	09/20/2005		S		1,000 D \$ 32 400 ⁽¹⁾	D	
COMMON STOCK	09/21/2005		M		1,000 A \$ 13 1,400 ⁽¹⁾	D	
COMMON STOCK					4,250	I	SPOUSE-MELISSA BENSON

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. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	Amount or Number of Shares
OPTION TO BUY	\$ 13	09/21/2005		M	600	04/22/1998 04/22/2007	COMMON STOCK	600
OPTION TO BUY	\$ 13	09/21/2005		M	400	04/22/1999 04/22/2007	COMMON STOCK	400
OPTION TO BUY	\$ 13					04/22/2000 04/22/2007	COMMON STOCK	3,600
OPTION TO BUY	\$ 13					04/22/2001 04/22/2007	COMMON STOCK	3,600
OPTION TO BUY	\$ 13					04/22/2002 04/22/2007	COMMON STOCK	3,600

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BENSON DUANE D RR2 BOX 3 LANESBORO, MN 55949		X		

Signatures

/S/ JON EBERLE, BY POWER OF ATTORNEY FOR DUANE BENSON

09/21/2005

__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) Running total of shares following each sale.

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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