

TORCHMARK CORP
Form 4
May 06, 2005

FORM 4

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

OMB APPROVAL

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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 *
HERBEL VERN D

(Last) (First) (Middle)

UNITED AMERICAN
INSURANCE COMPANY, 3700
SOUTH STONEBRIDGE DRIVE

(Street)

MCKINNEY, TX 75070

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
TORCHMARK CORP [TMK]

3. Date of Earliest Transaction
(Month/Day/Year)
05/04/2005

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
Exec. Officer of Principal Sub

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 Ownership (Instr. 4)
				Code	V	Amount			
Common Stock	05/05/2005		M			9,250		D	
Common Stock	05/05/2005		M			\$ 27.8125	24,250	D	
Common Stock	05/05/2005		M			\$ 37.375	36,250	D	
Common Stock	05/05/2005		M			\$ 41.26	54,994	D	
Common Stock	05/05/2005		M			\$ 33.4375	57,994	D	

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Common Stock	05/05/2005	M	12,000	A	\$ 38.2	69,994	D	
Common Stock	05/05/2005	M	7,500	A	\$ 37.44	77,494	D	
Common Stock	05/05/2005	S	51,111	D	\$ 54.77	26,383	D	
Common Stock	05/05/2005	S	9,633	D	\$ 54.77	16,750	D	
Common Stock						10,024 ⁽¹⁾	I	Thrift Plan Trust

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)

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 Security (Instr. 3 and 4)	Amount or Number of Shares		
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 54.77	05/04/2005		A		55,069		11/04/2005	05/04/2012	Common Stock	55,069
Employee Stock Option (Right to Buy)	\$ 34.5	05/05/2005		M		9,250		11/15/1999	11/17/2009	Common Stock	9,250
Employee Stock Option (Right to Buy)	\$ 27.8125	05/05/2005		M		15,000		12/21/2002	12/23/2009	Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 37.375	05/05/2005		M		12,000		12/20/2003	12/22/2010	Common Stock	12,000

Stock Option (Right to Buy)									Stock
Employee Stock Option (Right to Buy)	\$ 41.26	05/05/2005	M	18,744	08/09/2001	08/11/2011		Common Stock	18
Employee Stock Option (Right to Buy)	\$ 33.4375	05/05/2005	M	3,000	12/16/2001	12/18/2008		Common Stock	3
Employee Stock Option (Right to Buy)	\$ 38.2	05/05/2005	M	12,000	12/13/2004	12/15/2011		Common Stock	12
Employee Stock Option (Right to Buy)	\$ 37.44	05/05/2005	M	7,500	12/16/2004	12/18/2012		Common Stock	7

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
HERBEL VERN D UNITED AMERICAN INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070			Exec. Officer of Principal Sub	

Signatures

Vern D. Herbel, By:/s/Carol A. McCoy,
Attorney-in-fact

05/06/2005

**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) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$54.77 per share.

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