#### ALMOND DANNY H

Form 4

Torchmark

September 18, 2009

FORM 4	4							OMB AF	PPROVAL			
	Washington, D.C. 20549						OMB Number:	3235-0287				
Check this b if no longer			EC IN DI		(T A T	OMA.	EDCHID OF	Expires:	January 31, 2005			
subject to Section 16. Form 4 or Form 5 obligations may continu	Filed pursuant	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP ( SECURITIES  Filed pursuant to Section 16(a) of the Securities Exchange Act of 193 Section 17(a) of the Public Utility Holding Company Act of 1935 or Se						Estimated average burden hours per response 0				
See Instructi 1(b).		O(h) of the Inve	stment Co	ompany	Act o	f 1940	)					
(Print or Type Resp	ponses)											
ALMOND DANNY H Sym			Symbol					5. Relationship of Reporting Person(s) to Issuer				
(I4)						ck all applicable)						
	(First) (Middle) ERICAN COMPANY, 3700 JEBRIDGE DRIVE	(Month/Day/ 09/17/2009	3. Date of Earliest Transaction  (Month/Day/Year)  09/17/2009  Director  _X_ Officer (give below)  VP & Chief				title 10% Owner Other (specify below) of Accounting Officer					
3001H 310N				O-: - :1			6 I. 4:: 41 I.	:/C E:1:	-/Cl 1			
	Filed(Month/Day/Year)  Applicable Line)  _X_ Form filed by				oint/Group Filing(Check One Reporting Person More than One Reporting							
MCKINNEY,	TX /50/0						Person		r			
(City)	(State) (Zip)	Table I	- Non-Der	ivative Se	curitie	s Acqu	ired, Disposed of	, or Beneficial	ly Owned			
(Instr. 3) any		execution Date, if	tion Date, if TransactionAcquired (A) or Code Disposed of (D)			)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)			
			Code V	Amount	or (D)	Price	(Instr. 3 and 4)					
Common Stock							8,440	D				
Common Stock							4,660 (1)	I	Thrift 401(K) Plan Trust			
Torchmark Capital Trust Preferred Securities III	09/17/2009		S	500	D	\$ 24	12,400	D				

By Spouse

1,350

I

Corporation Trust Preferred Securities III

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.

SEC 1474

(9-02)

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

1. Title of Derivative	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transactio	5. orNumber	6. Date Exerc Expiration D		7. Title Amou		8. Price of Derivative	9. Nu Deriv
Security	or Exercise	, ,	any	Code	of	(Month/Day/		Underl		Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	`	/	Securit		(Instr. 5)	Bene
(=======)	Derivative		(	(======================================	Securities				3 and 4)	(======================================	Owne
	Security				Acquired			(223042)			Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									Amount		
									or		
						Date	Expiration		Number		
						Exercisable	Date		of		
				Code V	(A) (D)				Shares		

## **Reporting Owners**

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

ALMOND DANNY H UNITED AMERICAN INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070

VP & Chief Accounting Officer

### **Signatures**

Danny H. Almond, By:/s/Carol A. McCoy, Attorney-in-fact

09/18/2009

\*\*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 transferred \$ balance using \$45.96 per share.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Reporting Owners 2

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