

HUDSON CHARLES FRANKLIN
Form 4
March 09, 2011

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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 *
HUDSON CHARLES FRANKLIN

(Last) (First) (Middle)

GLOBE LIFE AND ACCIDENT INSURANCE CO, 204 NORTH ROBINSON

(Street)

OKLAHOMA CITY, OK 73102

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
03/07/2011

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)
Pres. & CEO 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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	03/07/2011		M		23,735	A	\$ 54.77
Common Stock	03/07/2011		M		25,000	A	\$ 55.48
Common Stock	03/07/2011		M		17,500	A	\$ 23.5
Common Stock	03/07/2011		S		59,717	D	\$ 64.5392
							(1) (2)
							2,847 (3)
							I

Common
Stock

Thrift
Plan
Trust

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 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
				Code	V (A) (D)	Date Exercisable Expiration Date	Title	
Employee Stock Option (Right to Buy)	\$ 54.77	03/07/2011		M	23,735	⁽⁴⁾ 05/04/2012	Common Stock	23,735
Employee Stock Option (Right to Buy)	\$ 55.48	03/07/2011		M	25,000	⁽⁵⁾ 12/13/2012	Common Stock	25,000
Employee Stock Option (Right to Buy)	\$ 23.5	03/07/2011		M	17,500	⁽⁶⁾ 02/26/2016	Common Stock	17,500

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

HUDSON CHARLES FRANKLIN
GLOBE LIFE AND ACCIDENT INSURANCE CO
204 NORTH ROBINSON

Pres. & CEO of Principal Sub

OKLAHOMA CITY, OK 73102

Signatures

Charles F. Hudson, By:/s/Carol A. McCoy,
Attorney-in-fact

03/09/2011

__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) Sales at prices ranging from \$64.2601 per share to \$65.16 per share.
- (2) Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, the issuer or any security holder of the issuer.
- (3) Shares in unitized fund in employee benefit plan - estimated conversion of transferred \$ balance using \$65.63 per share.
- (4) First exercisable as to 50% of shares on and after 5/4/2007 and as to remaining 50% of shares on and after 5/4/2008.
- (5) First exercisable as to 50% of shares on and after 12/13/2007 and as to remaining 50% of shares on and after 12/13/2008.
- (6) First exercisable as to 50% of shares on and after 2/26/2011 and as to remaining 50% of shares on and after 2/26/2012.

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.