

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 *
COLEMAN GARY L

(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)
EVP & Chief Financial Officer

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 or Price		
Common Stock	05/05/2005		M		60,000 A \$ 27.8125	160,102	D
Common Stock	05/05/2005		M		54,000 A \$ 37.375	214,102	D
Common Stock	05/05/2005		M		57,055 A \$ 41.26	271,157	D
Common Stock	05/05/2005		M		2,152 A \$ 33.4375	273,309	D
Common Stock	05/05/2005		M		2,587 A \$ 27.8125	275,896	D

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Common Stock	05/05/2005		M	60,000	A	\$ 38.2	335,896	D	
Common Stock	05/05/2005		M	30,000	A	\$ 37.44	365,896	D	
Common Stock	05/05/2005		S	175,385	D	\$ 54.77	190,511	D	
Common Stock	05/05/2005		S	59,012	D	\$ 54.77	131,499	D	
Common Stock							15,699 ⁽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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(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 Security (Instr. 3 and 4)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title
Employee Stock Option (Right to Buy)	\$ 54.77	05/04/2005		A	188,947	11/04/2005	05/04/2012	Common Stock
Employee Stock Option (Right to Buy)	\$ 27.8125	05/05/2005		M	60,000	12/21/2002	12/23/2009	Common Stock
Employee Stock Option (Right to Buy)	\$ 37.375	05/05/2005		M	54,000	12/20/2003	12/22/2010	Common Stock
Employee Stock Option	\$ 41.26	05/05/2005		M	57,055	02/09/2002	08/09/2011	Common Stock

(Right to Buy)									
Employee Stock Option (Right to Buy)	\$ 33.4375	05/05/2005	M	2,152	(2)	12/16/2009		Common Stock	
Employee Stock Option (Right to Buy)	\$ 27.8125	05/05/2005	M	2,587	(3)	12/21/2010		Common Stock	
Employee Stock Option (Right to Buy)	\$ 38.2	05/05/2005	M	60,000		12/13/2004	12/15/2011	Common Stock	
Employee Stock Option (Right to Buy)	\$ 37.44	05/05/2005	M	30,000		12/16/2004	12/18/2012	Common Stock	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
COLEMAN GARY L UNITED AMERICAN INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070			EVP & Chief Financial Officer	

Signatures

Gary L. Coleman, 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.
- (2) Vests as to 1/10 of option shares per year on anniversary of original grant date, commencing 12/21/2000.
- (3) Vests as to 1/10 of option shares per year on anniversary of original grant date, commencing 12/16/1999.

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