TORCHMARK CORP

Form 4 May 06, 2005

FORM 4

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

OMB 3235-0287

Estimated average

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Number: January 31, 2005

0.5

OMB APPROVAL

Section 16.
Form 4 or
Form 5
obligations
may continue.

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

burden hours per response...

See Instruction 1(b).

Stock

Stock

Common

(Print or Type Responses)

1. Name and Address of Reporting Person ** RECORDS GEORGE J SR			2. Issuer Name and Ticker or Trading Symbol TORCHMARK CORP [TMK]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
	(Month/Day/Year)				Director		0% Owner			
MIDLAND	05/04/2005					ive title _X_ C	ther (specify			
W. GRAND					below) below) Former Director					
	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check					
	Filed(Month/Day/Year)				Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting					
OKLAHOM	1A CITY, OK 7	3118					Person	y More than One	Reporting	
(City)	(State)	(Zip)	Table	e I - Non-D	erivative (Securities A	cquired, Disposed	of, or Benefici	ally Owned	
1.Title of	2. Transaction Da	te 2A. Dee	med	3.	4. Securit	ties	5. Amount of	6. Ownership	7. Nature of	
Security	(Month/Day/Year) Execution	n Date, if	Transactio	onAcquired	(A) or	Securities	Form: Direct	Indirect	
(Instr. 3) any		any		Code	Disposed	of (D)	Beneficially	(D) or	Beneficial	
		(Month/	Day/Year)	(Instr. 8)	(Instr. 3,	4 and 5) (A)	Owned Following Reported	Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
						or	Transaction(s) (Instr. 3 and 4)			
C				Code V	Amount	(D) Price				
Common							20.670	_		

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)

D

I

Not

Applicable

20,650

0

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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 2. Derivative Conversion Security or Exercise (Instr. 3) Price of Derivative Security		3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. Number of onDerivative 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Director Stock Option (Right to Buy)	\$ 54.77	05/04/2005		A	61,622	11/04/2005	05/04/2012	Common Stock	61,622

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

RECORDS GEORGE J SR MIDLAND FINANCIAL CO. 501 W. GRAND BLVD., 6TH FLOOR OKLAHOMA CITY, OK 73118

Former Director

Signatures

George J. Records, Sr., 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).

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.

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