

TORCHMARK CORP
Form 4
June 21, 2005

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 *
WILLIAMS GLENN D

(Last) (First) (Middle)

**GLOBE LIFE AND ACCIDENT
INS. COMPANY, 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)
06/20/2005

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 of Principal Subsidiary

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				(A) or (D)
Common Stock	06/21/2005		M			3,421	\$ 33.4375	20,349	D	
Common Stock	06/21/2005		M			6,383	\$ 34.5	26,732	D	
Common Stock	06/21/2005		M			20,000	\$ 38.2	46,732	D	
Common Stock	06/21/2005		M			7,500	\$ 33.4375	54,232	D	
Common Stock	06/21/2005		M			7,500	\$ 37.44	61,732	D	

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Common Stock	06/21/2005	S	30,661	D	\$ 53.2	31,071	D	
Common Stock	06/21/2005	S	9,748	D	\$ 53.2	21,323	D	
Common Stock						2,187 ⁽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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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 Security (Instr. 3 and 4)
					(A)	(D)	Date Exercisable	Expiration Date	
Employee Stock Option (Right to Buy)	\$ 53.52	06/20/2005		A	32,783		12/20/2005	06/20/2012	Common Stock
Employee Stock Option (Right to Buy)	\$ 33.4375	06/21/2005		M	3,421		⁽²⁾	12/16/2009	Common Stock
Employee Stock Option (Right to Buy)	\$ 34.5	06/21/2005		M	6,383		05/15/2000	11/17/2009	Common Stock
Employee Stock Option (Right to Buy)	\$ 38.2	06/21/2005		M	20,000		12/13/2004	12/15/2011	Common Stock
	\$ 33.4375	06/21/2005		M	7,500		12/16/2001	12/18/2008	

Employee Stock Option (Right to Buy)									Common Stock
Employee Stock Option (Right to Buy)	\$ 37.44	06/21/2005	M	7,500	12/16/2004	12/18/2012			Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
WILLIAMS GLENN D GLOBE LIFE AND ACCIDENT INS. COMPANY 204 NORTH ROBINSON OKLAHOMA CITY, OK 73102				EVP of Principal Subsidiary

Signatures

Glenn D. Williams, /s/Carol A. McCoy,
Attorney-in-fact

06/21/2005

__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 \$53.52 per share.
 - (2) Vests as to 1/10 of option shares per year on anniversary of original grant date, commencing 12/16/1999.

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