

Carson Larry E
 Form 4
 September 23, 2010

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

OMB APPROVAL

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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 *
 Carson Larry E

2. Issuer Name and Ticker or Trading Symbol
 CITIZENS INC [CIA]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 400 EAST ANDERSON LANE

3. Date of Earliest Transaction (Month/Day/Year)
 01/04/2010

____ Director
 ____ Officer (give title below) Other (specify below)

Financial Reporting

(Street)
 AUSTIN, TX 78752

4. If Amendment, Date Original Filed (Month/Day/Year)

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
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/04/2010		L	V	30.242	A	\$ 6.58
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/29/2010		L	V	30.8941	A	\$ 6.44
Citizens, Inc. Class A Common Stock ⁽¹⁾	02/26/2010		L	V	29.4534	A	\$ 6.76

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A Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	04/01/2010	L	V	28.3299	A	\$ 7.03	1,774.3385	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	05/07/2010	L	V	29.3268	A	\$ 6.79	1,803.6653	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	05/28/2010	L	V	29.4515	A	\$ 6.76	1,833.1168	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	07/06/2010	L	V	29.2112	A	\$ 6.82	1,862.328	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	07/30/2010	L	V	29.0217	A	\$ 6.86	1,891.3497	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	09/03/2010	L	V	29.062	A	\$ 6.85	1,920.4117	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	09/21/2010	S		1,920.4117	D	\$ 7.04	0	D	
Common Stock <u>(2)</u>									

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)

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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)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V (A) (D)		Date Exercisable Expiration Date	Title	Amount or Number of Shares	

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
Carson Larry E 400 EAST ANDERSON LANE AUSTIN, TX 78752	Financial Reporting

Signatures

/s/Larry E. 09/23/2010
 Carson

**Signature of Date
 Reporting Person

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) These shares were purchased through the Citizens Stock Investment Plan as part of regular monthly payroll deduction.
- (2) This transaction was an open market sale.

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.