

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 *
SMITH LAMAR C

(Last) (First) (Middle)

FIRST COMMAND FINANCIAL SERVICES, INC., 4100 SOUTH HULEN

(Street)

FORTH WORTH, TX 76109

(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)

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 or Price			
Common Stock	05/05/2005		M			1,865 A \$ 34	5,064	D	
Common Stock	05/05/2005		M			6,469 A \$ 41.26	11,533	D	
Common Stock	05/05/2005		M			2,238 A \$ 28.3125	13,771	D	
Common Stock	05/05/2005		M			6,000 A \$ 38.79	19,771	D	
Common Stock	05/05/2005		M			6,000 A \$ 37.41	25,771	D	

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Common Stock	05/05/2005	M	266	A	\$ 33.0375	26,037	D
Common Stock	05/05/2005	M	6,000	A	\$ 45.56	32,037	D
Common Stock	05/05/2005	S	20,699	D	\$ 54.77	11,338	D

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		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
					Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date		
Director Stock Option (Right to Buy)	\$ 54.77	05/04/2005		A	20,699		11/04/2005	05/04/2012	Common Stock	20,699
Director Stock Option (Right to Buy)	\$ 34	05/05/2005		M	1,865		(1)	01/05/2012	Common Stock	1,865
Director Stock Option (Right to Buy)	\$ 41.26	05/05/2005		M	6,469		02/09/2002	08/11/2011	Common Stock	6,469
Director Stock Option (Right to Buy)	\$ 28.3125	05/05/2005		M	2,238		(2)	01/03/2011	Common Stock	2,238
Director Stock	\$ 38.79	05/05/2005		M	6,000		07/02/2002	01/04/2012	Common Stock	6,000

Option
(Right to
Buy)

Director
Stock

Option	\$ 37.41	05/05/2005	M	6,000	07/02/2003	01/04/2013	Common Stock	6,000
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Director
Stock

Option	\$ 33.0375	05/05/2005	M	266	(3)	11/12/2014	Common Stock	266
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Director
Stock

Option	\$ 45.56	05/05/2005	M	6,000	07/02/2004	01/04/2014	Common Stock	6,000
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Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

SMITH LAMAR C
FIRST COMMAND FINANCIAL SERVICES, INC.
4100 SOUTH HULEN
FORTH WORTH, TX 76109

X

Signatures

Lamar C. Smith, 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) Vests as to 1/10 of option shares per year on anniversary of grant date, commencing 01/05/2002.

(2) Vests as to 1/10 of option shares per year on anniversary of grant date, commencing 01/02/2001.

(3) Vests as to 1/10 of option shares per year on anniversary of grant date, commencing 11/12/2004.

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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