

TORCHMARK CORP  
Form 4  
May 06, 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 \*  
ALMOND DANNY H

(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)  
Officer of Principal Sub.

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)	
				(A) or (D)	Price			
				Code	V	Amount		
Common Stock	05/05/2005		M	1,216	A	\$ 34.5	2,416	D
Common Stock	05/05/2005		M	5,000	A	\$ 27.8125	7,416	D
Common Stock	05/05/2005		M	9,000	A	\$ 37.375	16,416	D
Common Stock	05/05/2005		M	3,311	A	\$ 41.26	19,727	D
Common Stock	05/05/2005		M	3,000	A	\$ 33.4375	22,727	D

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Common Stock	05/05/2005	M	10,000	A	\$ 38.2	32,727	D
Common Stock	05/05/2005	M	5,000	A	\$ 37.44	37,727	D
Common Stock	05/05/2005	S	24,179	D	\$ 54.77	13,548	D
Common Stock	05/05/2005	S	7,108	D	\$ 54.77	6,440	D
Torchmark Capital Trust Preferred Securities						966	D

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)
				Code	V (A) (D)	Date Exercisable Expiration Date	Title
Employee Stock Option (Right to Buy)	\$ 54.77	05/04/2005		A	26,031	11/04/2005 05/04/2012	Common Stock
Employee Stock Option (Right to Buy)	\$ 34.5	05/05/2005		M	1,216	05/15/2000 11/17/2009	Common Stock
Employee Stock Option (Right to Buy)	\$ 27.8125	05/05/2005		M	5,000	12/21/2002 12/23/2009	Common Stock

Employee Stock Option (Right to Buy)	\$ 37.375	05/05/2005	M	9,000	12/20/2003	12/22/2010	Common Stock
Employee Stock Option (Right to Buy)	\$ 41.26	05/05/2005	M	3,311	02/09/2002	08/11/2011	Common Stock
Employee Stock Option (Right to Buy)	\$ 33.4375	05/05/2005	M	3,000	12/16/2001	12/18/2008	12,182,008
Employee Stock Option (Right to Buy)	\$ 38.2	05/05/2005	M	10,000	12/13/2004	12/15/2011	Common Stock
Employee Stock Option (Right to Buy)	\$ 37.44	05/05/2005	M	5,000	12/16/2004	12/18/2012	Common Stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
ALMOND DANNY H UNITED AMERICAN INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070				Officer of Principal Sub.

## Signatures

Danny H. Almond, 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.

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