STONE SPENCER H

Form 4 May 09, 2005

FORM 4

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

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES** Section 16. Form 4 or

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

1(b).

(Last)

(City)

Form 5

obligations

may continue.

See Instruction

(Print or Type Responses)

1. Name and Address of Reporting Person * STONE SPENCER H

(First)

(Street)

(State)

2. Issuer Name and Ticker or Trading Symbol

TORCHMARK CORP [TMK]

(Middle)

(Zip)

3. Date of Earliest Transaction (Month/Day/Year) 05/05/2005

Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to

Issuer

below)

(Check all applicable)

Controller

below)

10% Owner Other (specify

OMB

Number:

Expires:

response...

OMB APPROVAL

Estimated average

burden hours per

3235-0287

January 31,

2005

0.5

TORCHMARK CORPORATION, 2001 THIRD **AVENUE SOUTH**

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check Applicable Line)

Director

X_ Officer (give title

X Form filed by One Reporting Person Form filed by More than One Reporting

BIRMINGHAM, AL 35233

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

		Table 1 Ton Berraute Securities Required, Disposed							, or beneficie	inj Owned
Sec	itle of curity str. 3)	2. Transaction Date (Month/Day/Year)	3. Transactio Code (Instr. 8)	4. Securities Acquired (A) ionor Disposed of (D) (Instr. 3, 4 and 5) (A) or			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	(D)	Price	(Ilisti. 3 and 4)		
	mmon ock	05/05/2005		M	3,518	A	\$ 34.5	19,918	D	
	ommon ock	05/05/2005		M	3,000	A	\$ 27.8125	22,918	D	
	mmon ock	05/05/2005		M	2,500	A	\$ 37.375	25,418	D	
	mmon ock	05/05/2005		M	18,650	A	\$ 41.26	44,068	D	
	mmon ock	05/05/2005		M	1,500	A	\$ 33.4375	45,568	D	

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Common Stock	05/05/2005	M	3,000	A	\$ 38.2	48,568	D	
Common Stock	05/05/2005	M	1,750	A	\$ 37.44	50,318	D	
Common Stock	05/05/2005	S	23,714	D	\$ 54.77	26,604	D	
Common Stock	05/05/2005	S	4,704	D	\$ 54.77	21,900	D	
Common Stock						13,117 (1)	I	Thrift Plan Trust
Common Stock						1,193 (1)	I	Profit Sharing & Retirement Trust
Common Stock						9,800	I	By Spouse
Common Stock						38	I	Custodial Account for Minor Child

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)

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. Transactic Code (Instr. 8)	5. Number of orDerivative Securities Acquired (A) or Disposed o (D) (Instr. 3, 4, and 5)	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
Employee Stock Option (Right to Buy)	\$ 34.5	05/05/2005		M	3,518	05/15/2002	11/17/2009	Common Stock	3,518

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Employee Stock Option (Right to Buy)	\$ 27.8125	05/05/2005	M	3,000	12/21/2002	12/23/2009	Common Stock	3,000
Employee Stock Option (Right to Buy)	\$ 37.375	05/05/2005	M	2,500	12/20/2003	12/22/2010	Common Stock	2,500
Employee Stock Option (Right to Buy)	\$ 41.26	05/05/2005	M	18,650	02/09/2002	08/11/2011	Common Stock	18,650
Employee Stock Option (Right to Buy)	\$ 33.4375	05/05/2005	M	1,500	12/16/2001	12/18/2008	Common Stock	1,500
Employee Stock Option (Right to Buy)	\$ 38.2	05/05/2005	M	3,000	12/13/2004	12/15/2011	Common Stock	3,000
Employee Stock Option (Right to Buy)	\$ 37.44	05/05/2005	M	1,750	12/16/2004	12/18/2012	Common Stock	1,750

Reporting Owners

Reporting Owner Name / Address	Relationships							
Troporting of their France, France,	Director	10% Owner	Officer	Other				
STONE SPENCER H TORCHMARK CORPORATION 2001 THIRD AVENUE SOUTH BIRMINGHAM, AL 35233			Controller					
Signatures								
Spencer H. Stone, By:/s/Carol A. M Attorney-in-fact	AcCoy,		05/09	/2005				

**Signature of Reporting Person

Reporting Owners 3

Date

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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 \$54.77 per share.

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.