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TORCHMARK CORP

Form 4 February 28,	2008									
								OMB A	PPROVAL	
FORM	UNITED S		URITIES A Vashington,			NGE	COMMISSION	OMB Number:	3235-0287	
if no long subject to Section 10 Form 4 or Form 5 obligation may conti	Subject to subject to Section 16.STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESEs bu resForm 4 or Form 5 obligations may continue.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 1940Es bu res							burden hou response	Expires: January 31, 2005 Estimated average burden hours per response 0.5	
(Print or Type R	lesponses)									
			2. Issuer Name and Ticker or Trading Symbol TORCHMARK CORP [TMK]				5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (M	iddle) 3. Date	3. Date of Earliest Transaction			(Che	heck all applicable)			
	MERICAN E COMPANY, 3' DNEBRIDGE DR	02/26 700	n/Day/Year) /2008				Director X Officer (giv below) EVP &		% Owner er (specify isel	
	(Street)		mendment, Da Aonth/Day/Year	-			6. Individual or J Applicable Line) _X_ Form filed by Form filed by J	One Reporting P	erson	
MCKINNEY	r, TX 75070						Person		porting	
(City)	(State) (2	Zip) T	able I - Non-D	Derivative	Secur	ities Ac	quired, Disposed o	of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, any (Month/Day/Ye	Code ar) (Instr. 8)	4. Securi onAcquired Disposed (Instr. 3,	d (A) of d of (E 4 and (A) or	D) 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)	
Common Stock	02/26/2008		A	Amount 6,000	(D) A	\$ 0	93,144	D		
Common Stock							12,176 <u>(1)</u>	Ι	Thrift Plan Trust	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 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. Transactio Code (Instr. 8)	5. Number of orDerivative 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)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 62.68	01/19/2007		A	50,000	(2)	02/26/2015	Common Stock	50,000

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
HUTCHISON LARRY M UNITED AMERICAN INSURANCE COMPANY 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070			EVP & General Counsel				
Signatures							
Larry M. Hutchison, By:/s/Carol A. McCoy, Attorney-in-fact		02/28/2	2008				
**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 \$62.68 per share.

(2) First exercisable as to 50% of shares on and after 2-26-2010 and as to remaining 50% of shares on and after 2-26-2011.

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.