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TORCHMA Form 4 May 06, 201											
									OMB /	APPROVAL	
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549							OMB Number:	3235-0287		
Check th if no long	ner								Expires:	January 31, 2005	
subject to Section 1 Form 4 o Form 5	- SIAIE . 16. or	STATEMENT OF CHANGES IN BENEFICIAL OWN SECURITIES							Estimated burden ho response.	d average ours per	
Form 5 obligations may continue. See Instruction 1(b). 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 I	Responses)										
MCANDREW MARK S Syn			Symbol	2. Issuer Name and Ticker or Trading Symbol FORCHMARK CORP [TMK]				5. Relationship of Reporting Person(s) to Issuer			
(Lost) (First) (Middle)					-	-	×J	(Check all applicable)			
(3. Date of Earliest Transaction (Month/Day/Year) 05/05/2014					X_ Director 10% Owner Officer (give title Other (specify below) below)			
				4. If Amendment, Date Original Filed(Month/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 			
		(7:)						Person			
(City)	(State)	(Zip)	Та	ble I - Non	-Derivativ	e Seci	urities Acqu	uired, Disposed of	, or Benefici	ally Owned	
	2. Transaction Date (Month/Day/Year)		Date, if Transactionor Disposed of (D) Code (Instr. 3, 4 and 5)		5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. 7. Nature of Ownership Indirect Form: Beneficial Direct (D) Ownership or Indirect (Instr. 4) (I) (Instr. 4)					
Common Stock				coue (Timount		Thee	200,104	D		
Common Stock	05/05/2014			М	50,002	A	\$ 41.7867	50,191	I	Constructive Trustee for Former Spouse	
Common Stock	05/05/2014			S	50,002	D	\$ 79.8715 (1) (2)	189	I	Constructive Trustee for Former Spouse	

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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.

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 onDerivative 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)	\$ 41.7867	05/05/2014		М		50,002	02/26/2011	02/26/2015	Common Stock	50,002

Reporting Owners

Reporting Owner Name / Address					
	Director	10% Owner	Officer	Other	
MCANDREW MARK S TORCHMARK CORPORATION 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070	X				
Signatures					
Mark S. McAndrew, By:/s/Carol A. McC Attorney-in-fact	oy,	05/06/2014			
** Signature of Reporting Person			I	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) sales at prices ranging from \$79.70 per share to \$80.08 per share.
- (2) Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, the issuer or any security holder of the issuer.

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.

Reporting Owners