TORCHMARK CORP

Form 4

August 05, 2016

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB APPROVAL OMB

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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 may continue. 30(h) of the Investment Company Act of 1940 See Instruction

(Print or Type Responses)

1(b).

1. Name and Address of Reporting Person * ADAIR CHARLES E

2. Issuer Name and Ticker or Trading Symbol

TORCHMARK CORP [TMK]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(First) (Last)

(Middle)

(Zip)

3. Date of Earliest Transaction

(Month/Day/Year)

Filed(Month/Day/Year)

08/05/2016

X_ Director

Officer (give title

10% Owner Other (specify

CORDOVA VENTURES, 4759

(Street)

(State)

WOODMERE BLVD.

4. If Amendment, Date Original

6. Individual or Joint/Group Filing(Check

below)

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

Applicable Line) _X_ Form filed by One Reporting Person

Form filed by More than One Reporting

MONTGOMERY, AL 36106

(City)

1.Title of 2. Transaction Date 2A. Deemed 4. Securities Acquired (A) 5. Amount of 7. Nature of 3. Transaction Disposed of (D) Ownership Security (Month/Day/Year) Execution Date, if Securities Indirect (Instr. 3) Code (Instr. 3, 4 and 5) Beneficially Form: Beneficial (Month/Day/Year) (Instr. 8) Owned Direct (D) Ownership Following or Indirect (Instr. 4) Reported (I) (A) Transaction(s) (Instr. 4) or

(Instr. 3 and 4) Code V (D) Amount Price Common \$ 08/05/2016 D M 13,500 Α 26,807 Stock 19.8934

Common \$ 61.831 08/05/2016 S 13.500 D 13,307 D (1)(2)Stock

Common Not 0 I Stock **Applicable**

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

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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. Transactic 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
Director Stock Option (Right to Buy)	\$ 19.8934 (<u>3)</u>	01/04/2016		M		13,500 (3)	07/04/2010	01/04/2017	Common Stock	13,500

Reporting Owners

Reporting Owner Name / Address	Relationships						
reporting 6 wher rune / rune ess	Director	10% Owner	Officer	Other			
ADAIR CHARLES E CORDOVA VENTURES 4759 WOODMERE BLVD. MONTGOMERY, AL 36106	X						

Signatures

Charles E. Adair /s/Carol A. McCoy, Attorney-in-fact 08/05/2016

**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) sales at prices ranging from \$61.815 per share to \$61.85 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.
- (3) Previously reported as option for 6,000 shares at an exercise price of \$44.76 per share, but has been adjusted to reflect 3-for-2 stock splits paid in the form of 50% stock dividends occuring on July 1, 2011 and July 1, 2014.

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 2