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TORCHMARK CORP

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December 14									OMB	APPROVAL
FORM	14 UNITEI) STATES					NGE	COMMISSIO		3235-0287
Check thi if no long subject to	ger STATE	ox Washington, D.C. 20549 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF								January 31 2005 d average
Section 1 Form 4 of Form 5	6. r	SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 193							burden h response	ours per
obligation may cont <i>See</i> Instru 1(b).	ns Section 17	7(a) of the	Public Ut		ling Con	npan	y Act	of 1935 or Sect		
(Print or Type F	Responses)									
MCWORTER ANTHONY L Symbol TORCH			r Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			TORCHMARK CORP [TMK]							
INSURANC	(First) NATIONAL LI CE COMPANY ENUE SOUTH	, 2001	3. Date of (Month/D 12/12/20	-	ansaction			Director X Officer (g below) Ex		0% Owner tther (specify ent
DIDMINICI	(Street)	,		ndment, Da hth/Day/Year)	-	1		6. Individual or Applicable Line) _X_ Form filed b Form filed by		Person
	IAM, AL 35233	5						Person		
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities A	cquired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3)	curity (Month/Day/Year) Execution Date, if		n Date, if	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (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)	
Common				Code V	Amount	(D)	Price	``´´		
Stock	12/12/2006			А	2,000	А	\$0	17,451	D	
Common Stock								77 <u>(1)</u>	I	Thrift Plan Trust
Common Stock								1,858 <u>(1)</u>	I	Profit Sharing & Retirement 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)	\$ 63.7	12/12/2006		А	15,000	(2)	12/12/2013	Common Stock	15,000

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
MCWORTER ANTHONY L LIBERTY NATIONAL LIFE INSURANCE COMPANY 2001 THIRD AVENUE SOUTH BIRMINGHAM, AL 35233			Exec. Vice President			
Signatures						
Anthony L. McWhorter, By:/s/Carol A. McCoy, Attorney-in-fact		12/14/200	6			
<u>**</u> 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 \$63.70 per share.
- (2) First exercisable as to 50% of shares on and after 12-12-2008 and as to remaining 50% of shares on and after 12-12-2009.

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.