

TORCHMARK CORP  
Form 4  
February 15, 2007

**FORM 4** UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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 Responses)

1. Name and Address of Reporting Person \*  
LANIER JOSEPH L JR

2. Issuer Name and Ticker or Trading Symbol  
TORCHMARK CORP [TMK]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)

DAN RIVER  
INCORPORATED, 2291  
MEMORIAL DRIVE

3. Date of Earliest Transaction  
(Month/Day/Year)  
02/13/2007

Director  10% Owner  
 Officer (give title below)  Other (specify below)

(Street)

DANVILLE, VA 24541

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	02/13/2007		M	A	\$ 21.5205	20,419	D
Common Stock	02/13/2007		M	A	\$ 36.4327	28,408	D
Common Stock	02/13/2007		M	A	\$ 33.9375	32,358	D
Common Stock	02/13/2007		M	A	\$ 27.325	37,768	D
Common Stock	02/13/2007		M	A	\$ 35.95	42,385	D

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Common Stock	02/13/2007	M	86,516	A	\$ 41.26	128,901	D	
Common Stock	02/13/2007	M	6,000	A	\$ 38.79	134,901	D	
Common Stock	02/13/2007	M	4,221	A	\$ 38.79	139,122	D	
Common Stock	02/13/2007	M	6,000	A	\$ 37.41	145,122	D	
Common Stock	02/13/2007	M	4,424	A	\$ 37.41	149,546	D	
Common Stock	02/13/2007	S	82,920	D	\$ 64.33	66,626	D	
Common Stock						56,074	I	By Family Partnership
Common Stock						16,512 <sup>(1)</sup>	I	By Spouse
Common Stock						2,400 <sup>(1)</sup>	I	By Children

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

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(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. Transaction Code (Instr. 8)	5. Number of Derivative 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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Director Stock Option (Right to Buy)	\$ 21.5205	02/13/2007		M	10,900	<sup>(2)</sup>	01/02/2008	Common Stock	10,900
Director Stock	\$ 36.4327	02/13/2007		M	7,989	08/14/1998	02/04/2009	Common Stock	7,989

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Option (Right to Buy)									
Director Stock Option (Right to Buy)	\$ 33.9375	02/13/2007	M	3,950	07/11/1999	01/11/2010	Common Stock	3,950	
Director Stock Option (Right to Buy)	\$ 27.325	02/13/2007	M	5,410	07/17/2000	01/17/2011	Common Stock	5,410	
Director Stock Option (Right to Buy)	\$ 35.95	02/13/2007	M	4,617	09/15/2001	03/15/2012	Common Stock	4,617	
Director Stock Option (Right to Buy)	\$ 41.26	02/13/2007	M	86,516	02/09/2002	08/11/2011	Common Stock	86,516	
Director Stock Option (Right to Buy)	\$ 38.79	02/13/2007	M	6,000	07/02/2002	01/04/2012	Common Stock	6,000	
Director Stock Option (Right to Buy)	\$ 38.79	02/13/2007	M	4,221	07/02/2002	01/02/2013	Common Stock	4,221	
Director Stock Option (Right to Buy)	\$ 37.41	02/13/2007	M	6,000	07/02/2003	01/04/2013	Common Stock	6,000	
Director Stock Option (Right to Buy)	\$ 37.41	02/13/2007	M	4,424	07/02/2003	01/02/2014	Common Stock	4,424	

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
LANIER JOSEPH L JR DAN RIVER INCORPORATED 2291 MEMORIAL DRIVE DANVILLE, VA 24541		X		

## Signatures

Joseph L. Lanier, Jr., By:/s/Carol A. McCoy,  
Attorney-in-fact

02/15/2007

\_\_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) Reporting person disclaims beneficial ownership of these shares.
  - (2) Vests as to 1/10 of option shares per year on anniversary of original grant date, commencing 1/2/1997.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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