PRESSLEY W MICHAEL

Form 4

March 02, 2011

FORM 4

Check this box

if no longer

Section 16.

Form 4 or

obligations

may continue.

Form 5

subject to

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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 See Instruction

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading PRESSLEY W MICHAEL Issuer Symbol TORCHMARK CORP [TMK] (Check all applicable) (Last) (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner _X__ Officer (give title Other (specify 3700 SOUTH STONEBRIDGE 02/28/2011 below) **DRIVE** VP & Chief Inv. Officer (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting MCKINNEY, TX 75070 Person

(City)	(State)	Zip) Table	e I - Non-D	erivative S	Securi	ties Acquire	ed, Disposed of, o	r Beneficially	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)				5. Amount of 6. Securities Ownership Beneficially Form: Owned Direct (D) Following or Indirect Reported (I)		7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code V	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)	(Instr. 4)	
Common Stock	02/28/2011		M	1,829	A	\$ 54.77	8,229	D	
Common Stock	02/28/2011		M	10,000	A	\$ 55.48	18,229	D	
Common Stock	02/28/2011		M	15,000	A	\$ 23.5	33,229	D	
Common Stock	02/28/2011		S	26,829	D	\$ 64.8348 (1) (2)	6,400	D	
Common Stock							377 (3)	I	Thrift Plan

OMB APPROVAL

3235-0287

January 31,

2005

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OMB

Number:

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response...

Estimated average

burden hours per

Trust
Torchmark
Capital
Trust III 3,216 D
Preferred
Securities

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

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SEC 1474

(9-02)

 $\label{thm:convergence} \begin{tabular}{ll} Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned \\ (e.g., puts, calls, warrants, options, convertible securities) \end{tabular}$

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 (D) (Instr. 3, 4, and 5)	Expiration I (Month/Day	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)	\$ 54.77	02/28/2011		M	1,82	<u>(4)</u>	05/04/2012	Common Stock	1,829	
Employee Stock Option (Right to Buy)	\$ 55.48	02/28/2011		M	10,00	0 (5)	12/13/2012	Common Stock	10,000	
Employee Stock Option (Right to Buy)	\$ 23.5	02/28/2011		M	15,00	0 (6)	02/26/2016	Common Stock	15,000	

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		

Reporting Owners 2

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PRESSLEY W MICHAEL 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070

VP & Chief Inv. Officer

Signatures

W. Michael Pressley, By:/s/Carol A. McCoy, Attorney-in-fact

03/02/2011

**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 \$64.69 per share to \$65.08 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.
- (3) Shares in unitized fund in employee benefit plan estimated conversion of \$ balance to shares using \$64.60 per share.
- (4) First exercisable as to 50% of shares on and after 5/4/2007 and as to remaining 50% of shares on and after 5/4/2008.
- (5) First exercisable as to 50% of shares on and after 12/31/2007 and as to remaining 50% of shares on and after 12/31/2008.
- (6) First exercisable as to 50% of shares on and after 2/26/2011 and as to remaining 50% of shares on and after 2/26/2012.

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.

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