PRESSLEY W MICHAEL

Form 4

March 01, 2012

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

Number:

Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

Estimated average burden hours per

response... 0.5

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

1. Name and Address of Reporting Person *

PRESSLEY W MICHAEL

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

2. Issuer Name and Ticker or Trading

Symbol

1(b).

Capital Trust III

(Print or Type Responses)

			TORCHMARK CORP [TMK]					(Check all applicable)			
(Last) (First) (Middle) 3700 SOUTH STONEBRIDGE DRIVE			3. Date of Earliest Transaction (Month/Day/Year) 02/28/2012					Director 10% Owner Specify below) UP & Chief Inv. Officer			
MCKINNE	4. If Amendment, Date Original Filed(Month/Day/Year)				Ap _X —	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ 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 I (Month/Day/Ye	ear) Executi any	emed on Date, if /Day/Year)	3. Transacti Code (Instr. 8)	or Dispos (Instr. 3, 4	ed of	Price	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 Indirect Beneficial Ownership (Instr. 4)	
Common Stock	02/29/2012			M	22,500	A	\$ 15.6667	46,100	D		
Common Stock	02/29/2012			S	22,500	D	\$ 48.7967 (1) (2)	23,600	D		
Common Stock								648 (3)	I	Thrift Plan Trust	
Torchmark								4,000	D		

Preferred Securities

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. Transactio Code (Instr. 8)			6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)		e rcisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to	\$ 15.6667	02/29/2012		M	22,50	00 02/	/26/2012	02/26/2016	Common Stock	22,500

Reporting Owners

Relationships Reporting Owner Name / Address

> Other Director 10% Owner Officer

PRESSLEY W MICHAEL 3700 SOUTH STONEBRIDGE DRIVE MCKINNEY, TX 75070

VP & Chief Inv. Officer

Signatures

Buy)

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

03/01/2012

Date

**Signature of Reporting Person

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 \$48.53 per share to \$49.11 per share.
- Reporting person will provide full information regarding the number of shares sold at each separate price upon request by the SEC staff, **(2)** the issuer or any security holder of the issuer.

Reporting Owners 2

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(3) Shares in unitized fund in employee benefit plan - estimated conversion of \$ balance to shares using \$48.74 per share.

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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