

Teaff Grant Garland
Form 5
January 20, 2010

FORM 5

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

Check this box if
no longer subject
to Section 16.
Form 4 or Form
5 obligations
may continue.
See Instruction
1(b).
Form 3 Holdings
Reported
Form 4
Transactions
Reported

**ANNUAL 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

OMB APPROVAL

OMB
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1. Name and Address of Reporting Person *
Teaff Grant Garland

(Last) (First) (Middle)

400 EAST ANDERSON LANE

(Street)

AUSTIN, TX 78752

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol
CITIZENS INC [CIA]

3. Statement for Issuer's Fiscal Year Ended
(Month/Day/Year)
12/31/2009

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

5. Relationship of Reporting Person(s) to
Issuer

(Check all applicable)

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

6. Individual or Joint/Group Reporting

(check applicable line)

☒ Form Filed by One Reporting Person
☐ Form Filed by More than One Reporting
Person

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 at end of Issuer's Fiscal Year (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/05/2009	Â	L	103.8747 A \$ 9.6	8,567.7327	D	Â
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/05/2009	Â	L	141.1214 A \$ 7.06	8,708.8541	D	Â
	01/30/2009	Â	L	121.128 A	8,829.9821	D	Â

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Citizens, Inc. Class A Common Stock ⁽¹⁾						\$ 8.23				
Citizens, Inc. Class A Common Stock ⁽¹⁾	03/02/2009	Â	L	143.1096	A	\$ 6.96	8,973.0917	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	03/27/2009	Â	L	136.2939	A	\$ 7.31	9,109.3856	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	05/29/2009	Â	L	148.9248	A	\$ 6.68	9,258.3104	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	07/02/2009	Â	L	166.3287	A	\$ 5.98	9,424.6391	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	07/31/2009	Â	L	139.8933	A	\$ 7.12	9,564.5324	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	08/28/2009	Â	L	146.318	A	\$ 6.8	9,710.8504	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	10/02/2009	Â	L	158.0789	A	\$ 6.3	9,868.9293	D	Â	
Citizens, Inc. Class A Common Stock ⁽¹⁾	11/02/2009	Â	L	167.9579	A	\$ 5.92	10,036.8872	D	Â	
	12/04/2009	Â	L	158.5721	A		10,195.4593	D	Â	

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Citizens,
Inc. Class
A
Common
Stock ⁽¹⁾

\$
6.28

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

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SEC 2270
(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)	8. Price of Derivative Security (Instr. 5)	9. of D Se B O E Is Fi (I
					(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Teaff Grant Garland 400 EAST ANDERSON LANE AUSTIN, TX 78752	Â X	Â	Â	Â

Signatures

/s/Grant G. Teaff 01/20/2010

 **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) These shares were purchased through the Citizens Stock Investment Plan as part of regular monthly payroll deduction.

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