

Carson Larry E
 Form 4
 September 23, 2010

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

OMB APPROVAL

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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 *
 Carson Larry E

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
 400 EAST ANDERSON LANE

3. Date of Earliest Transaction (Month/Day/Year)
 01/04/2010

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

Financial Reporting

(Street)
 AUSTIN, TX 78752

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/04/2010		L	V	30.242	A	\$ 6.58
Citizens, Inc. Class A Common Stock ⁽¹⁾	01/29/2010		L	V	30.8941	A	\$ 6.44
Citizens, Inc. Class A Common Stock ⁽¹⁾	02/26/2010		L	V	29.4534	A	\$ 6.76

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A Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	04/01/2010	L	V	28.3299	A	\$ 7.03	1,774.3385	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	05/07/2010	L	V	29.3268	A	\$ 6.79	1,803.6653	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	05/28/2010	L	V	29.4515	A	\$ 6.76	1,833.1168	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	07/06/2010	L	V	29.2112	A	\$ 6.82	1,862.328	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	07/30/2010	L	V	29.0217	A	\$ 6.86	1,891.3497	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	09/03/2010	L	V	29.062	A	\$ 6.85	1,920.4117	D	
Common Stock <u>(1)</u>									
Citizens, Inc. Class									
A	09/21/2010	S		1,920.4117	D	\$ 7.04	0	D	
Common Stock <u>(2)</u>									

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

