

1. Title of Security (Instr. 3)	2. Trans- action Date (Month/ Day/ Year)	2A. Deemed Execu- tion Date, if any (Month/ Day/ Year)	3. Trans- action 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. Owner- ship Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Owner- ship (Instr. 4)
				Amount	(A) or (D)	Price			
Citizens, Inc. Class A Common Stock (1)	02/05/2008		L	166.45	A	\$5.98	7073.0034	D	
Citizens, Inc. Class A Common Stock (1)	02/29/2008		L	174.6686	A	\$5.70	7247.672	D	
Citizens, Inc. Class A Common Stock (1)	03/31/2008		L	141.6013	A	\$7.03	7389.2733	D	
Citizens, Inc. Class A Common Stock (1)	05/02/2008		L	138.6753	A	\$7.18	7527.9486	D	
Citizens, Inc. Class A Common Stock (1)	05/30/2008		L	153.9441	A	\$6.47	7681.8927	D	
Citizens, Inc. Class A Common Stock (1)	07/07/2008		L	162.6673	A	\$6.12	7844.56	D	
Citizens, Inc. Class A Common Stock (1)	08/01/2008		L	133.8211	A	\$7.44	7978.3811	D	
Citizens, Inc. Class A Common Stock (1)	08/29/2008		L	137.3211	A	\$7.25	8115.7022	D	
Citizens, Inc. Class A Common Stock (1)	10/06/2008		L	121.4226	A	\$8.21	8237.1248	D	
Citizens, Inc. Class A Common Stock (1)	10/31/2008		L	117.4605	A	\$8.48	8354.5853	D	
Citizens, Inc. Class A Common Stock (1)	11/28/2008		L	109.2727	A	\$9.12	8463.858	D	

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

* If the form is filed by more than one reporting person, *see* Instructions 4(b)(v).

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

SEC 2270 (9-02)

FORM 5 (continued)

Table II -- Derivative Securities 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. Number of derivative Securities Beneficially Owned at End of Issuer's Year (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
					(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Explanation of Responses: See attached footnote page.

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations.
see 18 U.S.C. 1001 and 15 U.S.C. 78ff(a)

/s/Grant G. Teaff

02/06/2009

** Signature of Reporting Person

Date

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 control number.

FOOTNOTES

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