OSTERGREN GREGORY V

Form 4

December 29, 2009

FORM 4

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

OMB Number:

3235-0287

Check this box if no longer

January 31, Expires: 2005

OMB APPROVAL

subject to Section 16. Form 4 or

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

Estimated average burden hours per response... 0.5

Form 5 obligations may continue. See Instruction

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

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * OSTERGREN GREGORY V			2. Issuer Name and Ticker or Trading Symbol AMERICAN NATIONAL INSURANCE CO /TX/ [ANAT]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) ONE MOODY	(First)	(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/28/2009	Director 10% Owner See Remarks		
	(Street)		4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person		
GALVESTON	N, TX 77550			Form filed by More than One Reporting Person		

(City)	(State) ((Zip) Table	e I - Non-D	erivative	Secur	rities Acq	uired, Disposed o	f, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date 2A. Deemed (Month/Day/Year) 2A. Deemed Execution Date, if any (Month/Day/Year)		3. 4. Securities Acqui Transaction(A) or Disposed of Code (Instr. 3, 4 and 5) (Instr. 8)		d of (D)	Beneficially (D) or Benefic Owned Indirect (I) Owner Following (Instr. 4) (Instr. 4	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
			Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)		
Common Stock	12/28/2009		M	3,000	A	\$ 88	1,500 (1)	D	
Common Stock	12/28/2009		D	3,000	D	\$ 119.6	1,500 <u>(1)</u>	D	

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

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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)	onof Derivative Date		Date		7. Title and An Underlying Sec (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	A C	
Stock Appreciation Right	\$ 88	12/28/2009		M	3,000	08/01/2003(2)	08/01/2012(3)	Common Stock		

Reporting Owners

Reporting Owner Name / Address	Relationships							
toporting of the remain and the remains	Director	10% Owner	Officer	Other				
OSTERGREN GREGORY V								
ONE MOODY PLAZA			See Remarks					
GALVESTON, TX 77550								

Signatures

Gregory V. Ostergren, by J. Mark Flippin as Attorney-in-Fact

12/29/2009

**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) 500 of such shares are owned by the Reporting Person's spouse and, therefore, are owned indirectly by the Reporting Person.
- (2) SARs become exercisable in five equal annual installments beginning on the date shown.
- (3) SARs expire five years from the date they become exercisable. The date shown represents the expiration date of the final installment of SARs to become exercisable.

Remarks:

The Reporting Person is Executive Vice President, Director of Multiple Line. This Form 4 reflects a cash settlement of stock rights. The Reporting Person exercised 3000 stock appreciation rights with an exercise price of \$88.00.

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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