FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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OMB Number:	3235-0287
Estimated average burden	
hours per response:	0.5

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

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

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person			2. Issuer Name and Ticker or Trading Symbol MFA FINANCIAL, INC. [MFA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
ZIMMERMAN STEWART				X	Director	10% Owner			
(Last) (First) (Middle)		(Middle)		X	Officer (give title below)	Other (specify below)			
C/O MFA FINANCIAL, INC.		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) 12/31/2012		Chairman and	CEO			
350 PARK AVENU	JE, 20TH FLOOR								
(Street)			4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	dual or Joint/Group Filing (Ch	neck Applicable Line)			
NEW YORK	NY	10022		X	Form filed by One Reportin	ng Person			
				l	Form filed by More than Or	ne 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. Transac Code (Ir 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 and 5)			5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	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	(Instr. 3 and 4)		(IIISU: 4)
Common Stock, par value \$0.01 per share	12/31/2012		M		115,741 ⁽¹⁾	A	\$ <mark>0</mark>	898,158	D	
Common Stock, par value \$0.01 per share	12/31/2012		F		53,324(2)	D	\$8.11	844,834	D	
Common Stock, par value \$0.01 per share	12/31/2012		F		116,454(3)	D	\$8.11	728,380	D	

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		3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code (Ir 8)		Deriva Securi Acqui Dispos	ities red (A) or sed of str. 3, 4	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		Transaction(s) (Instr. 4)		
PHANTOM STOCK	(4)	12/31/2012		M			115,741	12/31/2012	12/31/2012	COMMON STOCK	115,741	(4)	0	D	

Explanation of Responses:

- 1. SHARES ACQUIRED PURSUANT TO THE SETTLEMENT OF RESTRICTED STOCK UNITS (I.E. PHANTOM STOCK) GRANTED TO THE REPORTING PERSON ON OCTOBER 26, 2007 WHICH VESTED IN FULL ON DECEMBER 31, 2010.
- 2. THE REPORTED DISPOSITION REPRESENTS THE SURRENDER OF SHARES TO SATISFY TAX OBLIGATIONS ARISING FROM THE VESTING AND SETTLEMENT OF RESTRICTED STOCK UNITS (I.E. PHANTOM STOCK).
- $3.\ THE\ REPORTED\ DISPOSITION\ REPRESENTS\ THE\ SURRENDER\ OF\ SHARES\ TO\ SATISFY\ TAX\ OBLIGATIONS\ ARISING\ FROM\ THE\ VESTING\ OF\ RESTRICTED\ STOCK.$
- 4. EACH SHARE OF PHANTOM STOCK WAS THE ECONOMIC EQUIVALENT OF ONE SHARE OF MFA COMMON STOCK. THE REPORTING PERSON SETTLED THEIR SHARES OF PHANTOM STOCK FOR SHARES OF MFA COMMON STOCK.

Remarks:

/S/Stewart Zimmerman
** Signature of Reporting Person

01/02/2013

Date

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 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).

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

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 Number.