FORM 4

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB Number: 3235-0287

Estimated average burden hours per response: 0.5

	See Instruction 1(b).	15	Filed pursuant to Section 16(a) of the Securities Exchange Act of 193 or Section 30(h) of the Investment Company Act of 1940	34
1. Name and Address of Reporting Person [*] Ottinger Matthew (Last) (First) (Middle) C/O MFA FINANCIAL, INC.			2. Issuer Name and Ticker or Trading Symbol <u>MFA FINANCIAL, INC.</u> [MFA] 3. Date of Earliest Transaction (Month/Day/Year) 05/20/2013	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner X Officer (give title Other (specify below) below) Senior Vice President
350 PARK AV (Street) NEW YORK	YENUE, 20TH FLO	10022	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individual or Joint/Group Filing (Check Applicable Line) X 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	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	Beneficial Ownership
			Code	v	Amount (A) or (D)		Price	Transaction(s) (Instr. 3 and 4)		(Instr. 4)
7.5% Series B Cumulative Redeemable Preferred Stock	05/20/2013		Р		2,000 ⁽¹⁾	A	\$25.56	2,000	D	
7.5% Series B Cumulative Redeemable Preferred Stock	05/20/2013		Р		600(1)	Α	\$25.55	2,600	D	
7.5% Series B Cumulative Redeemable Preferred Stock	05/20/2013		Р		3,288	Α	\$25.56	5,888	D	
7.5% Series B Cumulative Redeemable Preferred Stock	05/20/2013		Р		210	Α	\$25.54	6,098	D	
7.5% Series B Cumulative Redeemable Preferred Stock	05/20/2013		Р		485	A	\$25.57	485	I	In spouse's IRA account

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)		4. Transaction Code (Instr. 8)				6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		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	1 1	Transaction(s) (Instr. 4)		

Explanation of Responses:

1. Shares are held in a self-directed IRA/401k account.

Remarks:

A. 6. 10	0	
Matthew	Ottinger	

** Signature of Reporting Person

05/21/2013 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.

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