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

			2. Issuer Name and Ticker or Trading Symbol MFA FINANCIAL, INC. [MFA]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
GORIN WILLIAM S				X	Director	10% Owner			
(Last) (First) (Middle)		(Middle)		X	Officer (give title below)	Other (specify below)			
C/O MFA FINANCIAL, INC.		(madio)	3. Date of Earliest Transaction (Month/Day/Year) 12/16/2010		President, Cl	FO			
350 PARK AVENU	JE, 21ST FLOOR								
Street) NEW YORK NY 10022		10022	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Indivi	ndividual or Joint/Group Filing (Check Applicable X Form filed by One Reporting Person Form filed by More than One Reporting P				
(City)	(State)	(Zip)			Tom filed by More than O	ne reporting reason			

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)			Securities	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)		(mau. 4)
Common Stock, par value \$0.01 per share	12/16/2010		A		79,463	A	\$0	514,445	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	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transac Code (li 8)		Derivative		Expiration Date		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 Share	(1)	12/16/2010		A		56,500		(2)	(2)	Common Stock	56,500	\$0	134,625	D	
Phantom Share	(1)	12/16/2010		A		28,250		(3)	(3)	Common Stock	28,250	\$0	162,875	D	

Explanation of Responses:

- $1.\ 1.\ Each\ phantom\ share\ is\ the\ economic\ equivalent\ of\ one\ share\ of\ MFA's\ common\ stock,\ par\ value\ \$0.01\ per\ share.$
- 2. 2. These phantom shares shall no longer be subject to forfeiture on December 31, 2014 and, thereafter, are payable on the earlier of termination of service with MFA or January 4, 2016.
- 3. 3. These phantom shares shall no longer be subject to forfeiture on December 31, 2014 (subject to MFA's achievement of specified performance goals) and, thereafter, are payable on the earlier of termination of service with MFA or January 4, 2016.

Remarks:

/s/Timothy W. Korth, Attorney-In-

12/17/2010

Fact

** Signature of Reporting Person

Date

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

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.

^{*} 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).