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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**FORM 8-K**

**CURRENT REPORT  
Pursuant to Section 13 or 15(d) of the  
Securities Exchange Act of 1934**

Date of Report (Date of earliest event reported): **June 11, 2014**

**MFA FINANCIAL, INC.**

(Exact name of registrant as specified in its charter)

**Maryland**  
(State or other jurisdiction  
of incorporation  
or organization)

**1-13991**  
(Commission File Number)

**13-3974868**  
(IRS Employer  
Identification No.)

**350 Park Avenue, 20th Floor**  
**New York, New York**  
(Address of principal executive offices)

**10022**  
(Zip Code)

Registrant's telephone number, including area code: **(212) 207-6400**

**Not Applicable**

(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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**Item 5.02 Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers**

(d) *Election of Laurie Goodman to Board of Directors.* On June 11, 2014, the Board of Directors of MFA Financial, Inc. (the "Company") elected Laurie Goodman as a director of the Company effective July 1, 2014. In connection with her election, the Board of Directors has appointed Ms. Goodman to serve on the Audit Committee of the Board. A copy of the press release reporting on Ms. Goodman's election is attached as Exhibit 99.1 to this Current Report on Form 8-K.

**Item 9.01 Financial Statements and Exhibits**

(d) Exhibits

99.1 Press Release, dated June 11, 2014, regarding the election of Laurie Goodman to the Board of Directors of MFA Financial, Inc.

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SIGNATURE

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

MFA FINANCIAL, INC.  
(REGISTRANT)

By: /s/ Harold E. Schwartz  
Name: Harold E. Schwartz  
Title: Senior Vice President and General Counsel

**EXHIBIT INDEX**

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press Release, dated June 11, 2014, regarding the election of Laurie Goodman to the Board of Directors of MFA Financial, Inc.

**PRESS RELEASE****FOR IMMEDIATE RELEASE****June 11, 2014****NEW YORK METRO**

**Investor Contact:** MFA Investor Relations  
212-207-6433  
www.mfafinancial.com

NYSE: MFA

**Media Contact:** Abernathy MacGregor  
Tom Johnson, Andrew Johnson  
212-371-5999

**MFA Financial, Inc. Elects Laurie Goodman to Board of Directors**

NEW YORK — MFA Financial, Inc. (NYSE: MFA) announced today that its Board of Directors has elected Laurie Goodman to its Board effective July 1, 2014.

Ms. Goodman, age 58, is the Center Director of the recently formed Housing Finance Policy Center at the Urban Institute, a Washington, D.C.-based nonprofit organization dedicated to elevating the debate on social and economic policy. Ms. Goodman joined the Urban Institute in late 2013 from Amherst Securities Group, L.P., a boutique broker dealer specializing in securitized products, where she had been a Senior Managing Director since late 2008 leading a group known for its analysis of housing policy issues.

“We couldn’t be more pleased to welcome Laurie to the MFA Board,” said George H. Krauss, MFA’s Chairman of the Board. “Laurie has been one of the most highly respected analysts in her field for more than 25 years. With her deep understanding of the residential mortgage market and housing finance policy, we believe that Laurie will be a valuable addition to MFA and our Board.”

“I am delighted to be joining MFA’s Board,” said Ms. Goodman. “I believe MFA’s strategy of investing in both Agency and Non-Agency residential assets will continue to provide the company with attractive investment opportunities.”

Prior to her tenure at Amherst Securities, Ms. Goodman was head of Global Fixed Income Research and Manager of U.S. Securitized Products Research at UBS and its predecessor firms from July 1993 through November 2008. Prior to her tenure with

UBS, Ms. Goodman spent ten years in senior fixed income research positions at Citicorp, Goldman Sachs, and Merrill Lynch. She was also a mortgage portfolio manager and a Senior Economist at the Federal Reserve Bank of New York.

Ms. Goodman has a B.A. in mathematics from the University of Pennsylvania, and a M.A. and Ph.D. in economics from Stanford University. She has published more than 200 articles in professional and academic journals and co-authored and co-edited five books. Ms. Goodman was inducted into the Fixed Income Analysts Hall of Fame in 2009.

MFA is a real estate investment trust primarily engaged in the business of investment, on a leveraged basis, in Agency and Non-Agency residential mortgage-backed securities.