ZIMMERMAN STEWART

Form 4 May 06, 2009

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

subject to Section 16. Form 4 or Form 5 obligations may continue.

Check this box

if no longer

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).

Stock, par

value \$0.01 per share

05/05/2009

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * ZIMMERMAN STEWART			2. Issuer Name and Ticker or Trading Symbol				5. Relationship of Reporting Person(s) to Issuer				
			MFA F	MFA FINANCIAL, INC. [MFA]				(Check all applicable)			
(Last)	(First)	(Middle)	3. Date of Earliest Transaction				, 11				
C/O MFA FINANCIAL, INC., 350 PARK AVENUE, 21ST FLOOR			(Month/Day/Year) 05/05/2009				X Director 10% OwnerX Officer (give title Other (specify below) Chairman and CEO				
	(Street) 4. If A			. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
NEW YOR	Filed(Month/Day/Year)					Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City)	(State)	(Zip)									
(City)	(State)	(Zip)	Tabl	le I - Non-I	Derivative (Securi	ities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	ar) Execution	med 3. 4. Securities Acquired on Date, if Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) Day/Year) (Instr. 8) (A) or			of (D)	Securities Ownership Beneficially Form: Direct Owned (D) or Following Indirect (I) Reported (Instr. 4) Transaction(s)		7. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common Stock, par value \$0.01 per share	05/05/2009			P	7,000	A	\$ 6.1	308,077	I	401(K) Plan	
Common Stock, par value \$0.01 per share	05/05/2009			M	30,770	A	\$ 4.875	338,847	D		
Common											

M

69,230 A

D

408,077

4.875

Edgar Filing: ZIMMERMAN STEWART - Form 4

Common Stock, par

F 60,612 D \$ 6.12 347,465 value \$0.01 05/05/2009 D

per share (1)

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

Persons who respond to the collection of SEC 1474 information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

(9-02)

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)			Expiration Date		7. Title and Amount Underlying Securitie (Instr. 3 and 4)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amour Number Shares
Stock Option	\$ 4.875	05/05/2009		M		100,000	08/13/1999(2)	08/13/2009	Common Stock	100,0

Chairman and CEO

Reporting Owners

Reporting Owner Name / Address	Keiauonsnips					
	Director	10% Owner	Officer	Other		
ZIMMERMAN STEWART						

C/O MFA FINANCIAL, INC. X 350 PARK AVENUE, 21ST FLOOR NEW YORK, NY 10022

Signatures

/s/ Stewart

05/05/2009 Zimmerman Date **Signature of Reporting

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) Shares delivered or withheld to pay the exercise price for 69,230 exercised stock options and certain related witholding taxes.
- (2) Stock option was exercisable in four equal annual installments beginning on date exercisable set forth in column 6 above.

Reporting Owners 2

Edgar Filing: ZIMMERMAN STEWART - Form 4

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.