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Schwartz Ha	urold E											
Form 4												
December 1												
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION									r	APPROVAL		
Washington, D.C. 20549									OMB Number:	3235-0287		
Check th				,	210120				Expires:	January 31,		
if no longer subject to STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF									·	2005		
subject to Section 16. SECURITIES								Estimated a burden hou	•			
	Form 4 or							response	•			
	Form 5 obligations Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(c) of the Public Utility Upding Company Act of 1025 or Section											
may continue.												
See Instruction 30(h) of the Investment Company Act of 1940												
1(b).												
(Print or Type]	Responses)											
1. Name and Address of Reporting Person 2. Issuer Name and Ticker or Trading 5. Relationship of							f Reporting Per	son(s) to				
Schwartz Harold E Symt							-8	Issuer				
				MFA FINANCIAL, INC. [MFA]				(Check all applicable)				
(Last)	(First)	(Middle)	3. Date of	3. Date of Earliest Transaction (Cneck					k all applicable)			
			(Month/D	/Day/Year)			Director 10% Owner					
C/O MFA FINANCIAL, INC., 350 12/12/2018				XOfficer (give below)			e title Other (specify below)					
						Senio	or Vice Presiden	nt				
(Street) 4. I				. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check				
					Applicable Line)							
NEW YORK, NY 10022												
NEW IOK	K , N I 10022							Person				
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative	Secur	ities Aco	quired, Disposed o	f, or Beneficia	lly Owned		
1.Title of	2. Transaction			3.			-	5. Amount of	6. Ownership			
Security (Instr. 3)	(Month/Day/Y	ear) Executi any	on Date, if Transaction(A) or Disposed of Code (D)				d of	Securities Beneficially	Form: Direct Indirect (D) or Beneficia	Beneficial		
		•	/Day/Year) (Instr. 8) (Instr. 3, 4 and 5)			5)	Owned	Indirect (I)	Ownership			
Following (Instr. 4) Reported								(Instr. 4)	(Instr. 4)			
						(A)		Transaction(s)				
				Code V	Amount	or (D)	Price	(Instr. 3 and 4)				
Common	12/12/2018			А	9,558	A	\$0	76,202	D			
Stock	12/12/2018			A	(1)	A	φU	70,202	D			
Common	10/10/0010			F	4,871	P	\$	71 221	D			
Stock	12/12/2018			F	(2)	D	7.01	71,331	D			

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

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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)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Unde Secur	le and unt of rlying ities . 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address		Relationships						
	Director	10% Owner	Officer	Other				
Schwartz Harold E C/O MFA FINANCIAL, INC. 350 PARK AVENUE, 20TH FLO NEW YORK, NY 10022	OR		Senior Vice President					
Signatures								
/s/ Harold E. 12/14 Schwartz	/2018							

**Signature of Reporting Person

Date

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).

The shares acquired by the Reporting Person were received as a portion of the Reporting Person's annual incentive compensation and are fully vested as of the date of grant. The net shares acquired (i.e., net of the surrender of a portion of the shares acquired in order to satisfy

- (1) tax obligations (as described in Note 2 below)) are subject to a three-year holding period and may not be sold or otherwise transferred prior to December 12, 2021.
- The reported disposition represents the surrender of shares to satisfy tax obligations arising from the receipt by the Reporting Person of (2) the shares described in Note 1 above.

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.