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Knutson Craig I Form 4									
February 04, 20	Л								PPROVAL
	UNITED	STATES		RITIES A			COMMISSIO	N OMB Number:	3235-0287
Check this be if no longer subject to Section 16.	IENT OI	F CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES					burden hou	urs per	
Form 5 obligations may continue	Form 4 or Form 5 obligations may continue.responseFiled 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								. 0.5
(Print or Type Resp	oonses)								
1. Name and Address of Reporting Person <u>*</u> Knutson Craig L			2. Issuer Name and Ticker or Trading Symbol MFA FINANCIAL, INC. [MFA]			5. Relationship of Reporting Person(s) to Issuer			
(Last)	(First) (I	Middle)	3. Date of Earliest Transaction (Che			eck all applicable)			
C/O MFA FINANCIAL, INC., 350 PARK AVENUE, 20TH FLOOR			(Month/Day/Year) 02/01/2019			X Director 10% Owner X Officer (give title Other (specify below) below) CEO and President			
(Street)			4. If Amendment, Date 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 			
NEW YORK, I		(7:)					Person		1 0
(City)	(State)	(Zip)					cquired, Disposed		-
	Fransaction Date onth/Day/Year)		Date, if	3. Transactic Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, 4	(A) or of (D)	5. Amount of Securities Beneficially Owned Following Reported	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code V	Amount	or (D) Price	Transaction(s) (Instr. 3 and 4)		
Reminder: Report	on a separate line	for each cl	ass of sec	urities bene	-	-	-		
					inforn requir	nation cont ed to respo ys a curre	spond to the colle ained in this forn ond unless the fo ntly valid OMB co	n are not rm	SEC 1474 (9-02)

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

8 D S

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)	Acquired (A Disposed o (Instr. 3, 4, 5)	f (D)				(
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Phantom Shares	<u>(1)</u>	02/01/2019		А	82,500		(2)	(2)	Common Stock	82,500
Phantom Shares	<u>(1)</u>	02/01/2019		А	$ \underbrace{122,500}_{\underline{(3)}} \underbrace{(4)}_{\underline{(4)}} $		(3)(4)	(3)(4)	Common Stock	$\frac{122,500}{\binom{(3)}{4}}$

Reporting Owners

Reporting Owner Name / Address	Relationships					
r g ta ta ta ta ta	Director	10% Owner	Officer	Other		
Knutson Craig L C/O MFA FINANCIAL, INC. 350 PARK AVENUE, 20TH FLOOR NEW YORK, NY 10022	Х		CEO and President			
Signatures						

/s/ Craig L. Knutson	02/04/2019		
<u>**</u> 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).
- Each phantom share represents the right to receive one share of MFA Financial, Inc. common stock. (1)
- These phantom shares are scheduled to vest, subject to forfeiture, on December 31, 2021, and thereafter will be settled in an equivalent (2)number of shares of MFA common stock within 30 days following the vesting date.

These phantom shares are performance-based equity awards. The number of phantom shares reported represents the target number of phantom shares granted. The number of underlying shares of MFA common stock that the recipient becomes entitled to receive at the time of vesting will generally range from 0% to 200% of the target number of phantom shares granted, subject to the achievement of a

- (3) pre-established performance metric. The vesting of these phantom shares will generally occur on December 31, 2021, based on MFA's absolute total stockholder return (TSR) and MFA's TSR as compared to the TSR of a designated peer group of companies, in each case for the three years then ended. The number of phantom shares to vest will be adjusted to reflect the value of any dividends paid on MFA's common stock during the vesting period in respect of the number of phantom shares that ultimately vest.
- (4) The phantom shares will be settled in an equivalent number of shares of MFA common stock within 30 days following the vesting date.

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.