

<TABLE>  
<CAPTION>

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

FORM 4  
APPROVAL

WASHINGTON, D.C. 20549

OMB

/ / CHECK THIS BOX IF NO  
3235-0287

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB NUMBER:

LONGER SUBJECT TO  
SEPTEMBER 30, 1998  
SECTION 16. FORM 4 OR  
AVERAGE BURDEN  
FORM 5 OBLIGATIONS MAY  
RESPONSE .... 0.5  
CONTINUE. SEE

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(f) of the Investment Company Act of 1940

EXPIRES:  
ESTIMATED  
HOURS PER

INSTRUCTION 1(b).  
(Print or Type Responses)

<S><C>

1. Name and Address of Reporting Person\*  
Reporting Person(s)

2. Issuer Name AND Ticker or Trading Symbol

6. Relationship of

all applicable)

to Issuer (Check

X Director

10% Owner  
Cali John J.  
----

Mack-Cali Realty Corporation (CLI)

----

Officer (give

Other  
(Last) (First) (Middle)  
---- (specify

3. IRS or Social Security

4. Statement for

---- title

below  
c/o Mack-Cali Realty Corporation

Person (Voluntary)

-----

11 Commerce Drive

9/00

7. Individual or

Joint/Group Filing  
Line) (Street)

5. If Amendment,

(Check Applicable

Reporting Person

Date of Original

X Form filed by One

(Month/Year)

--- Form filed by More

than One

Reporting Person

Cranford, New Jersey 07016

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(City) (State) (Zip)  
BENEFICIALLY OWNED

TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR

1. Title of Security

2. Trans-

3. Trans-

4. Securities Acquired (A)

5. Amount of

6. Owner-

7. Nature  
(Instr. 3)  
of In-

action

action

or Disposed of (D)

Securities

ship

direct

Date

Code

(Instr. 3, 4 and 5)

Beneficially

Form:

Direct Bene-

(Instr. 8)

Owned at

or ficial

(Month/

End of

(D)

Indirect Owner-

Day/

Year)

Code V

Amount (A) or

Price

(Instr. 3

(I)

ship

(D)

and 4)

(Instr. 4) (Instr. 4)

\* If the form is filed by more than one reporting person, SEE Instruction 4(b)(v).  
 (Over)  
 Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.  
 SEC 1474 (7-97)

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 CONTROL NUMBER.

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FORM 4 (CONTINUED) 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) Ex-	2. Conversion or Exercise Price of Deriv- ative Security	3. Trans- action Date (Month/ Day/ Year)	4. Transac- tion Code (Instr. 8)	5. Number of Deriv- ative Securities Ac- quired (A) or Dis- posed of (D) (Instr. 3, 4, and 5)	6. Date Exer- cisable and piration Date (Month/Day/ Year)
			Code	V (A) (D)	Date
					Exer- tion cisable Date

<S><C>

Director Stock Option (Right to Buy)	\$26.25	9/7/00	A	V	5,000	9/7/01	9/7/10
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