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

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

/ / CHECK THIS BOX IF NO LONGER SUBJECT TO SECTION 16. FORM 4 OR FORM 5 OBLIGATIONS MAY CONTINUE. SEE INSTRUCTION 1(b).

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

1. Name and Address of Reporting Person* Reporting Person(s)			2. Issuer Name and Ticker or Trading Symbol		6. Relationship of to Issuer (Check Director	
all applicable)						
10% Owner			Mack-Cali Realty Corporation (CLI)		----	
Thomas	Roger	W.			X Officer (give	
Other			3. IRS or Social Security		---- title	
(Last)	(First)	(Middle)	4. Statement for		below)	
---- (specify			Number of Reporting			
below			Person (Voluntary)		Executive Vice	
President, General					Counsel and Secretary	
c/o Mack-Cali Realty Corporation			12/00		----- --	
11 Commerce Drive					7. Individual or	
Joint/Group Filing			5. If Amendment,		(Check Applicable	
(Street)			Date of Original		X Form filed by One	
Line)			(Month/Year)		--- Form filed by	
Reporting Person					--- Reporting Person	
More than One						
Cranford, New Jersey 07016						

(City)	(State)	(Zip)	TABLE I - NON-DERIVATIVE SECURITIES ACQUIRED, DISPOSED OF, OR			
BENEFICIALLY OWNED						
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1. Title of Security	2. Trans-	3. Trans-	4. Securities Acquired (A)		5. Amount of	6. Owner-
7. Nature	action	action	or Disposed of (D)		Securities	ship
(Instr. 3)	Date	Code	(Instr. 3, 4 and 5)		Beneficially	Form:
of In-					Owned at	
direct		(Instr. 8)			End of	(D)
Direct	(Month/				Month	
or	Day/				(Instr. 3	(I)
Indirect	Year)		(A) or		and 4)	
ship		Code V	Amount	(D) Price		
(Instr. 4)	(Instr. 4)					

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

(Print or Type Responses)

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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 Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)
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Code	V	(A)	(D)	Date	Exercisable Date
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<S><C>

Employee Stock Option 12/5/10 (right to buy)	\$26.8125	12/5/00	A	V	100,000	(1)
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7. Title and Amount of Underlying Securities (Instr. 3 and 4)	8. Price of Derivative Securities	9. Number of Derivative Securities	10. Ownership Form of Derivative	11. Nature of Interest Beneficial
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