FORM 4	4
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1	Check this box if no
	longer subject to
	Section 16. Form 4 or
	Form 5 obligations may
	continue. See
	Instruction 1(b)

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

OMB APPROVAL
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### STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Form 5 obligations may Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Instruction 1(b). Company Act of 1940

(Print or Type Responses)											
1. Name and Address of HERSH MITCHEL	2. Issuer Name and MACK CALI RE		-			5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_Director10% Owner					
(Last) C/O MACK-CALI F THORNALL STRE	(Middle) DRPORATION, 343	3. Date of Earliest Transaction (Month/Day/Year) 07/11/2014						X_Officer (give title below)Other (specify below) President and CEO			
EDISON, NJ 08837		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 Person			
(City)	(City) (State) (Zip) Table I - Non-Derivative Securities A						s Acqu	ired, Disposed of, or Beneficially Owned	1		
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year	Execution Date, if	(Instr. 8)		(A) or Disposed of (D) (Instr. 3, 4 and 5) (A) or		f (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	or Indirect (I)	Beneficial Ownership
				Code	V	Amount	(D)	Price		(Instr. 4)	

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

Persons who respond to the collection of information contained in SEC 1474 (9-02) this form are not required to respond unless the form displays a currently valid OMB control number.

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

	( <i>e.g.</i> , puts, calls, warrants, options, convertible securities)														
1. Title of Derivative Security (Instr. 3)	Conversion	Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Code	tion )	5. Number Derivative Securities Acquired ( or Dispose (D) (Instr. 3, 4 and 5)	A) d of	6. Date Exercisable and 7. Title and Amount		Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported Transaction(s)	Ownership Form of Derivative Security: Direct (D) or Indirect (I)	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
				Code	v	(A)	(D)	Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)	(Instr. 4)	
Phantom Stock Units	\$ 0 <u>(1)</u>	07/11/2014		A <sup>(2)</sup>		129.734		07/11/2014	08/08/1988 <sup>(3)</sup>	Common Stock	129.734	\$ 0 <u>(1)</u>	41,569.921 (4)	D	

## **Reporting Owners**

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
HERSH MITCHELL E C/O MACK-CALI REALTY CORPORATION 343 THORNALL STREET EDISON, NJ 08837	Х		President and CEO				

### Signatures

/s/ Mitchell E. Hersh	07/15/2014
**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 phantom stock units shall be settled solely in cash based on the fair market value of an equal number of shares of common stock of Mack-Cali Realty Corporation (the "Company") on the (1) earliest to occur of any of the following triggering events (each, a "Triggering Event"): (a) the reporting person's death or "disability"; (b) the date of the reporting person's separation from service to the Company; and (c) the effective date of a "change in control", in each case as such terms are defined in the reporting person's employment agreement.
- (2) The phantom stock units were issued pursuant to a Multi-Year Deferred Retirement Compensation Agreement pursuant to the Company's dividend paid on July 11, 1014 solely in respect of vested phantom stock units.
- (3) The phantom stock units are not subject to expiration and shall become payable within 30 days after the earliest to occur of any Triggering Event.

(4) The reported amount excludes 121,424 common units of limited partnership interest of Mack-Cali Realty, L.P. beneficially owned by the reporting person.

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.