FORM 4

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

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

(Print or Type Responses)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person – HERSH MITCHELL E				2. Issuer Name and Ticker or Trading Symbol MACK CALI REALTY CORP [CLI]								5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director 10% Owner						
(Last) (First) (Middle) C/O MACK-CALI REALTY CORPORATION, 11 COMMERCE DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 12/15/2003								X	X_Director					
(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 PersonForm filed by More than One Reporting Person						
CRANFORD, NJ 07016																		
(City	y)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned														
1.Title of So (Instr. 3)	Instr. 3) Date		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)		if C	3. Transaction Code (Instr. 8)		Dispo (Instr	Disposed of (D) (Instr. 3, 4 and 5) (A) or)	Ow Tra	r 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)			6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common	Stock		12/15/2003				M ⁽¹		26,5		· /	\$38.		1,448			D	
Common	Common Stock 12/15/						S ⁽¹⁾)	20,0	00	D	\$40.	5909 14	1,448			D	
			12/15/2003				S(1)	6,50	0	D	\$40.	3599 13	4,948			D	
Common Stock 12/16/20			12/16/2003				M ⁽¹)	33,5	00	A	\$38.	75 16	8,448			D	
Common Stock 12/10			12/16/2003				S ⁽¹)	13,5	3,500 D \$40.25		25 15	154,948			D		
Common Stock 12/16/2003			12/16/2003				S ⁽¹)	20,0	00	D	\$40.	2949 13	134,948			D	
			Table II	I - Deriva	ative Sec	curiti	es Ac	th Cu	is form urrently	va	e not re ilid OM	equire B cor		oond unle ber.		n contained n displays		1474 (9-02)
	I-	I		(e.g., p	uts, cal	s, wa	rran	ts, optic	ns, con	ert	tible sec		s)		I		-1	
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)	Transaction of D Code Secu (Instr. 8) Acq or D of (I		urities uired (A) Disposed D) tr. 3, 4,		6. Date Exercisal Expiration Date (Month/Day/Yea)		of Se		7. Title an of Underly Securities (Instr. 3 as	, ,	Derivative Security	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s)	Owner Form of Derivat Securit Direct or India (s) (I)	f Benefici Ownersky: (D) rect	
				Code	V (A)	(D)	Date Exercis	sable		Expiration Date	on	Title	Amount or Number of Shares		(Instr. 4)	(Instr.	+)
Common Stock Warrant (Right to Buy)	\$38.75	12/15/2003		M ⁽¹⁾	26	,500		12/31	/1997 [©]	2) 1	12/12/2	2007	Commo Stock	n 26,500	\$38.75	158,476	5 D	
Common Stock	\$29.75	12/16/2003		M (1)	22	500		12/21	/1007(2) 1	12/12/	2007	Commo	n 33 500	¢20 75	124 076	. D	

Stock

Reporting Owners

(Right to Buy)

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
HERSH MITCHELL E C/O MACK-CALI REALTY CORPORATION 11 COMMERCE DRIVE CRANFORD, NJ 07016	X		Chief Executive Officer				

Signatures

/s/ Mitchell E. Hersh	12/17/2003
**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).
- (1) The reporting person obtained and sold the Common Stock as a result of the cashless exercise of Common Stock Warrants.
- (2) On December 12, 1997, the reporting person was granted a warrant to purchase 339,976 shares of Common Stock. The warrant vested in five equal annual installments beginning December 31, 1997.

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.