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

OMB APPRO	DVAL
OMB Number:	3235-0287
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hours per recognose	0.5

longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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

	e Responses	/															
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_ Director10% Owner					
(Last) (First) (Middle) C/O MACK-CALI REALTY CORPORATION, 11 COMMERCE DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 12/23/2003							_X_ 0:	X Officer (give title below) Other (specify below) Chief Executive Officer					
(Street)				4. If Amendment, Date Original Filed(Month/Day/Year)							_X_ Forn	6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
	RD, NJ 07												i inica by ivio	te than one re-	porting reison		
(City	")	(State)	(Zip)			Ta	able I	- Non-I	Derivativ	ve Securi	ties Acq	uired, Di	sposed of	, or Benefic	cially Owned		
(Instr. 3) Date		2. Transaction Date (Month/Day/Year)	Execut any			3. Transact Code (Instr. 8)		or Disposed of (D)			5. Amount of S Owned Follow Transaction(s)				6. Ownership Form:	7. Nature of Indirect Beneficial	
				(Month	1/Day/Yea		Code	v	Amount	(A) or (D)	Price		3 and 4)		(Direct (D) Ownership or Indirect (I) (Instr. 4)	
Common	Stock		12/23/2003			+	M(1)		24,976		\$38.7		924)	
Common	Stock		12/23/2003				S(1)		24,976	D	\$40.3	77 134.9	948])	
Reminder: F	Report on a se	eparate line for each	class of securities be	eneficiall	ly owned d	irectly	or in	Pers this	ons wh	e not red	quired	to respo	nd unles		n contained n displays a	in SEC	1474 (9-02)
Reminder: F	Report on a se	eparate line for each		- Deriv	ative Secu	rities	Acqui	Pers this curre	ons wh form ar ently va	e not red llid OMB of, or Ben	quired contro	to respo ol numbe	nd unles			in SEC	1474 (9-02)
1. Title of	2. Conversion	3. Transaction	Table II 3A. Deemed Execution Date, if	- Deriva (e.g., p 4. Transac Code	ative Secu buts, calls, 5. Nu tion of De Secur) Acqu	rities warra mber rivativ ities ired (Asposed)	Acquiants, 6. Ex	Pers this is curred, Di options, Date Ex	ions wh form ar ently va isposed o convert	e not recolled OMB of, or Bentible secu	eficially rities 7. of Se	to respo ol numbe	nd unleser. Amount	s the forn	9. Number o Derivative Securities Beneficially Owned Following Reported Transaction(Owners Form of Derivat Security Direct (or Indir	11. Nature of Indirection of Section 11. Nature of Indirection of
1. Title of Derivative Security	2. Conversion or Exercise Price of Derivative	3. Transaction	Table II 3A. Deemed Execution Date, if any	- Deriva (e.g., p 4. Transac Code	ative Secu buts, calls, 5. Nu stion of De Secun or Di of (D (Instr	mber rivativities groseco (A. S.	Acquiants, 6. 6. Ex (M	Pers this is curred, Di options, Date Ex	isposed (, converterciable) a Date ay/Year)	e not recolled OMB of, or Bentible secu	quired control eficially rities) 7. of See (Ir	to respo ol number y Owned Title and Underlyir curities sstr. 3 and	nd unleser. Amount	8. Price of Derivative Security	9. Number o Derivative Securities Beneficially Owned Following Reported	Tol. Owners Form of Derivat Security Direct (or Indir	11. Nature of Indirection of Section 11. Nature of Indirection of

	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	12/24/2003
**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.