

ADAMS NATURAL RESOURCES FUND, INC.

Form 144

April 24, 2017

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549
FORM 144
NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

ATTENTION: Transmit for filing 3 copies of this form
concurrently with either placing an order with
a broker to execute sale or executing a sale directly with a
market maker.

OMB APPROVAL
OMB Number: 3235-0101

Expires: May 31, 2017
Estimated average burden
hours per response 1.00

SEC USE ONLY
DOCUMENT SEQUENCE NO.
CUSIP NUMBER
WORK LOCATION

1 (a) NAME OF ISSUER: Adams Natural Resources Fund, Inc.

(b) IRS IDENT. NO.: 13-5506797

(c) S.E.C. FILE NO.: 0000216851

1 (d) ADDRESS OF ISSUER STREET CITY STATE ZIP CODE:
500 East Pratt Street, Suite 1300, Baltimore, MD 21202

(e) TELEPHONE NO. AREA CODE NUMBER: (410) 752-5900

2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE
TO BE SOLD: Mark E. Stoeckle

(b) RELATIONSHIP TO ISSUER: CEO

(c) ADDRESS STREET CITY STATE ZIP CODE:
500 East Pratt Street, Baltimore, MD 21202

INSTRUCTION: The person filing this notice should contact
the issuer to obtain the I.R.S. Identification Number
and the S.E.C. File Number.

3 (a) Common Stock

(b) Convergenx
3501 Quadrangle Blvd., Suite 200
Orlando, FL 32817

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(c) Number of Shares or Other Units To Be Sold (See
instr. 3(c): 8,800

(d) Aggregate Market Value (See instr. 3(d): 169,136
instr. 3(e): 13,772.931

(f) Approximate Date of Sale (See instr. 3(f) (MO. DAY

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YR.): 04/25/2017

(g) Name of Each Securities Exchange(See instr. 3(g):
NYSE

Securities are to be Offered or Each Market Maker
who is Acquiring the Securities
Broker-Dealer
File Number

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding,
as shown by the most recent report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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.
SEC 1147 (08-07)

TABLE I: SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class: Common

Date you Acquired: 2/11/2013

Nature of Acquisition Transaction: Grant

Name of Person from Whom Acquired (If gift, also give date donor acquired): Adams Diversified Equity Fund, Inc.

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Amount of Securities Acquired: 10,612

Date of Payment: N/A

Nature of Payment: N/A Grant

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II: SECURITIES SOLD DURING THE PAST 3 MONTHS
Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller: Mark E. Stoeckle

Title of Securities Sold: Adams Natural Resources Fund, Inc.

Date of Sale: N/A

Amount of Securities Sold: None Prior

Gross Proceeds: N/A

REMARKS:

INSTRUCTIONS:
See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

DATE OF NOTICE: 04/24/2017

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DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION, IF RELYING
ON RULE 10B5-1

SIGNATURE: /s/ Gail L. Valenti as Attorney-in-Fact for Mark
E. Stoeckle

The notice shall be signed by the person for whose account
the securities are to be sold. At least one copy
of the notice shall be manually signed. Any copies not
manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts
constitute Federal Criminal Violations (See 18 U.S.C. 1001)
SEC 1147 (02-08)