

ADAMS RESOURCES & ENERGY INC  
 Form 8-K  
 March 10, 2005

**SECURITIES AND EXCHANGE COMMISSION**

Washington, D.C. 20549

**FORM 8-K**

**CURRENT REPORT**

Pursuant to Section 13 or 15(d) of  
 the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): March 11, 2005

		<b>ADAMS RESOURCES &amp; ENERGY, INC.</b>					
		(Exact name of registrant as specified in its charter)					
	<b>Delaware</b>		<b>1-7908</b>			<b>74-1753147</b>	
	(State or other jurisdiction of incorporation)		(Commission file number)			(IRS employer identification no.)	
	<b>4400 Post Oak Pkwy, Suite 2700, Houston, Texas</b>					<b>77027</b>	

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(Address of principal executive offices)				(Zip code)		
			<b>(713) 881-3600</b>			
(Registrant's telephone number, including area code)						

Item 5.02. Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers.

Effective March 10, 2005, John A. Barrett resigned as a member of the Board of Directors of Adams Resources & Energy, Inc. (the "Company"). Mr. Barrett was appointed as a non-voting advisory member of the board.

9

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**SIGNATURE**

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

**ADAMS RESOURCES & ENERGY, INC.**

Date: March 10, 2005 By: /s/ Richard B. Abshire

Richard B. Abshire

Chief Financial Officer