

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

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

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(Address of principal executive offices)				(Zip code)		
			(713) 881-3600			
(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.

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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