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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