

ABLEST INC  
Form 8-K  
November 03, 2005

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**UNITED STATES  
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): November 3, 2005

**ABLEST INC.**

*(Exact name of registrant as specified in its charter)*

<b>Delaware</b> <i>(State or other jurisdiction of incorporation)</i>	<b>1-10893</b> <i>(Commission File Number)</i>	<b>65-0978462</b> <i>(I.R.S. Identification No.)</i>
<b>1901 Ulmerton Road, Suite 300, Clearwater, Florida</b> <i>(Address of principal executive offices)</i>	<b>(727) 299-1200</b> <i>(Registrant's telephone number, including area code)</i>	<b>33762</b> <i>(Zip Code)</i>
	<b>Not Applicable</b>	

*(Former name or former address, if changed since last report)*

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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Item 2.02. Results of Operations and Financial Condition

Item 9.01 Financial Statements and Exhibits

SIGNATURE

EXHIBIT LIST

EX-99.1

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**Item 2.02. Results of Operations and Financial Condition**

On November 3, 2005, Ablest Inc. issued a press release announcing financial results for the quarter ended September 25, 2005. A copy of the press release is furnished as Exhibit 99.1 to this report.

The information in this Item 2.02 shall not be deemed filed for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended, or otherwise subject to the liabilities of that section. The information in this Item 2.02 shall not be incorporated by reference into any registration statement or other document pursuant to the Securities Act of 1933, except as shall be expressly set forth by specific reference in such filing.

**Item 9.01 Financial Statements and Exhibits**

(c) Exhibits

99.1 Press Release dated November 3, 2005 issued by Ablest Inc.

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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.

Ablest Inc.

November 3, 2005

By: */s/ Charles H. Heist*  
Charles H. Heist,  
Chairman, Chief Financial Officer, and  
Treasurer

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**EXHIBIT LIST**

The following exhibit is filed herewith.

Exhibit No.	Description
99.1	Press Release dated November 3, 2005 issued by Ablest Inc.

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