

ABLEST INC  
Form 8-K  
May 14, 2007



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EX-99.1 PRESS RELEASE

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

On May 14, 2007, Ablest Inc. issued a press release announcing financial results for the quarter ended April 1, 2007. 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 May 14, 2007 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.

May 14, 2007

By: */s/ John Horan*  
John Horan,  
Vice President and Chief Financial  
Officer

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**EXHIBIT LIST**

The following exhibit is filed herewith.

Exhibit No.	Description
99.1	Press Release dated May 14, 2007 issued by Ablest Inc.

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