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ADAMS EX Form 4	XPRESS CO												
August 21, 2	2014												
										OMB APPROVAL			
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									OMMISSION	OMB Number:	3235-0287		
Check the if no lon subject the Section Form 4	so STATEN 16. or										Expires: Estimated a burden hour response		
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940													
(Print or Type	Responses)												
1. Name and A Haynie Jan	2. Issuer Name and Ticker or Trading Symbol ADAMS EXPRESS CO [ADX]							5. Relationship of Reporting Person(s) to Issuer					
(Last)	3. Date of Earliest Transaction							(Check all applicable)					
(Last) (First) (Middle) 7 ST. PAUL STREET, SUITE 1140			(Month/Day/Year) 08/19/2014						1	Director Information Informatio Information Information Information Information Informatio			
	4. If Amendment, Date Original Filed(Month/Day/Year)							 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 					
BALTIMO	RE, MD 21202									Person		porting	
(City)	(State)	(Zip)	Tab	le I - N	lon-I	Derivat	ive Se	curiti	es Acqu	ired, Disposed of,	or Beneficial	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	any Code (Instr. 3, 4 and 5) (Month/Day/Year) (Instr. 8) (A) or)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)					
Common Stock	08/19/2014			Code F	V	Amo 3,536		(D) D	Price \$ 13.95	56 569 1	D		
Common Stock	08/19/2014			J	V	1,236	5.82	A	\$ 0	1,236.82 <u>(1)</u>	Ι	By Issuer's Thrift Plan Trust	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		Date	7. Tit Amou Under Secur (Instr	int of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
L O	Director	10% Owner	Officer	Other				
Haynie James P. 7 ST. PAUL STREET SUITE 1140 BALTIMORE, MD 21202			President					
Signatures								
Gail L. Valenti as Attorney-in-Fact for James P.Haynie08/								
**Signature of Reporting	g Person			Date				

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

These shares are held by the Issuer's Thrift Plan Trust and represent the undersigned's proportionate beneficial interest in the shares that
 (1) were acquired by the Trustee as a result of periodic contributions and shares acquired through dividend reinvestment during the period from 02/19/2014 - 08/19/2014. The Issuer's stock traded in a range of \$12.64 - \$14.09 during that time.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.