



U.S. Energy Corp. to Present at the Financial Services Exchange, Inc.'s "Connect for Success" Conference

RIVERTON, Wyo., Apr 29, 2010 (GlobeNewswire via COMTEX News Network) -- U.S. Energy Corp. (Nasdaq:USEG) ("USE" or the "Company"), a natural resources exploration and development company with interests in oil and gas, molybdenum, geothermal, and real estate assets, today announced that its management will present at the Financial Services Exchange, Inc.'s "Connect for Success" conference on Friday, April 30, 2010, at 2:30 p.m. West Coast Time. The conference will be held in Marina del Rey, California, at the Ritz Carlton, 4375 Admiralty Way, Marina del Rey, California, 90292. This is the organization's 107th consecutive quarterly conference. For those interested in attending, please see the conference registration link at the organization's website at www.fsx1.com.

Presentation materials will be accessible from U.S. Energy's home page at www.usnrg.com on the date of the event.

About U.S. Energy Corp.

U.S. Energy Corp. is a diversified natural resource company with interests in oil and gas, molybdenum, geothermal and real estate assets. The Company is headquartered in Riverton, Wyoming, and its common stock is listed on The NASDAQ Capital Market under the symbol "USEG".

The U.S. Energy Corp. logo is available at <http://www.globenewswire.com/newsroom/prs/?pkgid=5043>

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