### HERRON HAROLD F

#### Form 4

# April 10, 2003

UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549

FORM 4

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

( ) Check this box if no longer subject to Section 16.

Form 4 or Form 5 obligations may continue. See Instructions 1(b).

1. Name and Address of Reporting Person

HERRON, HAROLD F.

877 NORTH 8TH WEST

RIVERTON, WY 82501

USA

Issuer Name and Ticker or Trading Symbol U.S. ENERGY CORP.

USEG

- 3. IRS or Social Security Number of Reporting Person (Voluntary)
- 4. Statement for Month/Year

December 31, 2002

- 5. If Amendment, Date of Original (Month/Year)
- 6. Relationship of Reporting Person(s) to Issuer (Check all applicable) (X) Director (X) 10% Owner (X) Officer (give title below) ( ) Other (specify below) VICE PRESIDENT
- 7. Individual or Joint/Group Filing (Check Applicable Line)
  - (X) Form filed by One Reporting Person
  - ( ) Form filed by More than One Reporting Person

Table I Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned									
1. Title of Security	Transaction	4.Securities Acqu n   or Disposed of          V  Amount	(D)	Securities     Beneficially     Owned at					
\$.01 Par Value Commo	n S N/A	NONE	N/A 	129,999					
\$.01 Par Value Commo	n S N/A	NONE	N/A 	2,895					
\$.01 Par Value Commo	n S 12/31/ A    02		A  NIL 	27,855 					
\$.01 Par Value Commo	n S 12/31/ A    02		A  NIL 	128 <b>,</b> 626					
\$.01 Par Value Commo	n S N/A	NONE 	N/A 	155,811 					
\$.01 Par Value Commo	n S N/A	NONE 	N/A 	7,600 					
\$.01 Par Value Commo	n S N/A	NONE	N/A 	125 <b>,</b> 556 					

\$.01 Par Value Contock	nmon S N/A		NON	IE	1	N/A	1,581	
Table II Derivativ	ve Securit	ites Ac	quired,	Disposed of,	or Bene	eficially	Owned	
1.Title of Derivative Security	version	Transa	ction       	5. Number of D rivative Sec rities Acqui red(A) or Di posed of(D)	cu  cisal  Expi:  s  Date  Day/	ble and  ration   (Month/	of Underly	
		      Date	     Code V	•	D  cisa		Title and of Shares	Number
Stock Option (Right to Buy) (i)				 		4 09/25 C  /08	ommon Stock	34,782
Stock Option (Right to Buy) (i)		 	     			4 09/25 C  /08	ommon Stock	40,218   
Stock Option (Right to Buy) (i)		 	     			0 01/09 C  /11	ommon Stock	67,400   
Stock Option (Right to Buy) (j)	\$3.90/sh 		     			7 12/06 C  /11	ommon Stock	100,000
Stock Option (Right to Buy) (j)	 : \$2.25/sh 	 				 8 12/07 C  /11	common Stock	97 <b>,</b> 000   
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Explanation of Responses:

Attachment to Form 4 dated April 9,

(a) Consists of 47,986 shares held directly by the Reporting Person, 11,000 shares held in an Individual

Retirement Account for the benefit of the Reporting Person; 18,900 shares ad 52,113 shares subject to forfeiture.

The 18,900 shares issued under the USEG Restriction Stock Bonus Plan, are deemed "earned out" by the

Reorting Person: (i) if he is continuously employed by USEG until he retires; (ii) if he becomes disabled; (iii) upon

his death, or (iv) if the shares are claimed within three years following the occurrence of (i), (ii) or (iii). The 52,113

shares, issued under the 1996 Stock Award program, vest at the rate of 20% each year over a five year period

and are subject to the forfeiture conditions noted previously. The treasurer of USEG holds the shares in trust for

the benefit of the Reporting Person, while the non-employee directors of USEG exercise shared voting and

dispositive rights over all 61,013 shares. The shares do not come under the control of the Reporting Person until

termination of employment. The total number of shares is presently reported; distributions to the Reporting Person

will not be separately reported. The acquisitions of the shares by the

Reporting Person from both the Bonus Plan and the Award Program are exempt under Rule 16b-3.

- (b) Consists of shares held directly by the Reporting Person's wife.
- (c) Consists of shares held in the U.S. Energy Corp. Employee Stock Ownership Plan (the "ESOP") in an account

established for the benefit of the Reporting Person. The transaction date (12/31/02) reflects USEG's fiscal year

end date, which date is used to determine the total number of shares contributed to the ESOP, however, the

individual contribution amounts are not available until after audit of the company's payroll.

- (d) Consists of shares held in ESOP accounts established to benefit members of the Reporting Person's
- "immediate family", as that term is defined in Rule 16 a-1(e), in accordance with Rule 16a-8 (b) (2). The transaction

date (12/31/02) reflects USEG's fiscal year end date, which date is used to determine the total number of shares

contributed to the ESOP, however, the individual contribution amounts are not available until after audit of the  $\,$ 

company's

payroll.

- (e) Consists of shares held in the ESOP which are not allocated to accounts established for the benefit of
- specific plan participants. The Reporting Person, as an ESOP Trustee, exercises the voting powers with respect  $\,$

to such unallocated shares.

- (f) Consists of shares indirectly held by the Reporting Person through his minor children. The Reporting Person
- is Custodian over 3,000 shares, while his brother-in-law, Mark J. Larsen, is Custodian over 4,600 shares for the  $\,$

children under the Wyoming Uniform Transfers to Minors  $\mathtt{Act}$ 

(g) Consists of shares held by Plateau Resources Limited ("Plateau"), a wholly-owned subsidiary of USEG. The

Reporting Person is an officer and director of both USEG and Plateau. The Reporting Person is not a controlling

shareholder of Plateau, and therefore the Reporting Person does not have a pecuniary interest in the USEG shares

held by Plateau, under Rule

16a-1(a)(2)(iii).

- (h) Consists of shares held by Northwest Gold, Inc. ("NWG"), a subsidiary of USEG. The Reporting Person is an
- officer and director of both USEG and NWG. The Reporting Person is not a controlling shareholder of NWG, and

therefore the Reporting Person does not have a pecuniary interest in the USEG shares held by NWG, under Rule

16a-1(a)(2)(iii).

- (i) Stock options granted under the Issuer's 1998 Incentive Stock Option Plan, and exempt under Rule 16b-3.
- (j) Stock options granted under the Issuer's 2001 Incentive Stock Option Plan, and exempt under Rule 16b-3.

NOTE: Pursuant to SEC Rule 16a-1(a)(2), information on Plateau and NWG is not required, however, Registrant

has

undertaken

comprehensive disclosure and reports shares held by Plateau and NWG as indirectly owned by the Reporting  $\,$ 

Person.

The Reporting Person disclaims beneficial and pecuniary interest

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in the shares reported under footnotes
b, d, e, f, g and
h.
SIGNATURE OF REPORTING PERSON
    /s/ HAROLD F. HERRON
DATE
    April 9, 2003
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