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FRASER H RUSSELL

Form 4 October 01, 2008

FORM 4

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

OMB Number: 3235-0287

OMB APPROVAL

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005
Estimated average

0.5

Form 4 or Form 5 obligations may continue. See Instruction

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

burden hours per response...

1(b).

(City)

(State)

(Zip)

(Print or Type Responses)

ss of Reportin	ng Person *	2. Issuer Name and Ticker or Trading Symbol	5. Relationship of Reporting Person(s) to Issuer
		US ENERGY CORP [USEG]	(Check all applicable)
(Last) (First) (Mid	(Middle)	3. Date of Earliest Transaction	
W		(Month/Day/Year) 09/29/2008	X Director 10% Owner Officer (give title below) Other (specification)
(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check
Y 82501		Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person
	SSELL (First) W (Street)	(First) (Middle) W (Street)	SSELL Symbol US ENERGY CORP [USEG] (First) (Middle) 3. Date of Earliest Transaction (Month/Day/Year) W 09/29/2008 (Street) 4. If Amendment, Date Original Filed(Month/Day/Year)

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned