

Forcenergy Inc



NEWS RELEASE

Press Release #04-00

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Immediate Release**

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Forcenergy Announces Quarterly Dividend on New Preferred Stock

Miami, FL (March 22, 2000)...Forcenergy Inc (OTC BB: FORCV) today announced that a quarterly dividend on its 14% Series A Cumulative Preferred Stock ("Preferred Stock") has been declared, payable on March 31, 2000 to holders of record as of the end of business on March 21, 2000 (the "Record Date" and the date of initial delivery of the Preferred Stock).

The dividend will be paid in additional shares of Preferred Stock. Each holder of Preferred Stock will receive in additional shares of Preferred Stock, and/or cash in lieu of fractional shares, a dividend equivalent to \$4.28 per share of Preferred Stock held on the Record Date.

Forcenergy Inc is an independent exploration and production company engaged in the exploration, acquisition, development and production of crude oil and natural gas. Forcenergy's primary areas of operations are the Gulf of Mexico and Cook Inlet, Alaska.

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