

Northern Superior Resources Inc.

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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Ramps up Logistics for its 2010 Drill Programs, Ti-pa-haa-kaa-ning Gold Project, Northwestern Ontario

Sudbury, Ontario (February 22nd, 2010) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) is pleased to report that the ramping up of logistics for its 2010 reverse circulation and diamond drill programs on its Ti-pa-haa-kaa-ning (“TPK”) gold project is nearing completion.

Dr. T.F. Morris, president and CEO commented: “All regulatory permits have been received for building the winter ice roads and camp at Rowlandson Lake. Despite poor ice conditions this year, the necessary ice roads for mobilizing the drill equipment have now been completed and drill equipment is being mobilized to site. Camp construction will be completed and occupied by field crews this week (week of February 22, 2010). Reverse circulation drilling is planned to start shortly thereafter. Diamond drilling will start shortly after the reverse circulation drill program is completed to test gold targets.”

Northern Superior has planned a minimum of 80 reverse circulation drill holes to aid in indentifying the source(s) for the Company’s large and unique gold grain-in-till dispersal apron. It is anticipated that this program will be completed during the second quarter of 2010. Diamond drill targets will then be identified by combining the data derived from this program, with data derived from: a) the airborne geophysical program completed last fall; b) the distribution of gold grain-in-till values recovered from previous surface sampling programs; and c) the widely distributed multiple gold-bearing sheared intervals intersected during the Company’s 2008 fall drill program. These targets will then be tested with approximately 4,200 meters of diamond drilling.

The TPK property is a large land position in Northwestern Ontario covering a total of 42,719 hectares and is being operated in a 50/50 Joint Venture with Lake Shore Gold Corp. Northern Superior acts as project operator. In 2007, Northern Superior announced the discovery of a highly prospective gold grain-in-till dispersal apron, which averaged 10.02 gold grains per kilogram of overburden, with an estimated fertile strike length of at least six km (see press releases February 26, 2009, January 21, 2008). The Company’s 2008 fall drill program identified multiple sheared intervals hosting anomalous gold values within the large dispersal apron that appear to be closely associated splay structures associated with the regional continuous Stull-Wunnumin fault (see press release September 15, 2009). The large dispersal apron and multiple, widely space, anomalous gold values in bedrock are interpreted to indicate the possibility of large scale gold mineralization.

Quality Control

The Company's Qualified Person ("QP") for the property is Donald Boucher, P.Geo. As QP, who has prepared or supervised the preparation of the scientific or technical information for the TPK project and has verified the data disclosed in this press release.

About Northern Superior

Northern Superior Resources Inc. is a junior exploration company focused on exploring for gold in the Superior Province of the Canadian Shield. The Company is a reporting issuer in British Columbia, Alberta, Ontario and Quebec, and trades on the TSX Venture Exchange under the symbol SUP. For further information contact:

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This news release includes certain "forward-looking statements". All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results and future plans and objectives of Northern Superior are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from Northern Superior's expectations are exploration risks detailed herein and from time to time in the filings made by Northern Superior with securities regulators.

REPLACE ABOVE PARA. WITH THIS: Forward looking statements: This news release includes certain "forward-looking –information" within the meaning of Canadian securities legislation and "forward-looking statements" within the meaning of the United States Private Securities Litigation Reform Act or 1995 (collectively, "forward looking statements"). Forward looking statements include predictions, projections and forecasts and are often, but not always, identified by the use of words such as "seek", "anticipate", "believe", "plan", "estimate", "forecast", "expect", "potential", "project", "target", "schedule", "budget" and "intend" and statements that an event or result "may", "will", "should", "could" or "might" occur or be achieved or other similar expressions and includes the negatives thereof. All statements other than statements of historical fact included in this release, including, without limitation, statements regarding potential mineralization, exploration results, interpretation of results, the timing and success of exploration activities generally, the timing and results of future resource estimates, and future plans and objectives of Constantine are forward-looking statements that involve various risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Forward looking statements are based on a number of material factors and assumptions. Important factors that could cause actual results to differ materially from Constantine's expectations include exploration risks, changes in project parameters as plans continue to be refined, results of future resources estimates, future metal prices, availability of capital and financing on acceptable terms, general economic, market or business conditions, uninsured risks, regulatory changes, defects in title, availability of personnel, materials and equipment on a timely basis, accidents or equipment breakdowns, delays in receiving government approvals, unanticipated environmental impacts on operations and costs to remedy same, and other exploration or other risks detailed herein and from time to time in the filings made by the Company with securities

regulators. Although the Company has attempted to identify important factors that could cause actual actions, events or results to differ from those described in forward looking statements, there may be other factors that cause such actions, events or results to differ materially from those anticipated. There can be no assurance that forward looking statements will prove to be accurate and accordingly readers are cautioned not to place undue reliance on forward looking statements.

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