

Northern Superior Resources Inc.

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NEWS RELEASE - For Immediate Release

Northern Superior Resources Inc. Initiates Reverse Circulation Drill Program, Ti-pa-haa-kaa-ning Gold Project, Northwestern Ontario

Sudbury, Ontario (March 8th, 2010) **Northern Superior Resources Inc.** (“Northern Superior” or the “Company”) is pleased to report that the Company’s reverse circulation drill program on its Ti-pa-haa-kaa-ning (“TPK”) gold project has been initiated. Despite poor ice conditions, the Company was able to complete the construction of winter ice roads necessary to mobilize heavy drill equipment to site (see press release February 22nd, 2010). Results from this program will be released as soon as they are available.

The reverse circulation drill program is designed to aid Northern Superior in identifying the source(s) of gold mineralization that contributed to 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 spaced, anomalous gold values in bedrock are interpreted to indicate the possibility of large scale gold mineralization.

Northern Superior Resources Inc. also reports that Roland Horst has accepted a position as Chief Executive Officer with Orvana Minerals, and as a result Mr. Horst has resigned from the Company’s board of directors to focus on his new role. The board, management and staff would like to thank Mr. Horst for his service with the Company and wish him well.

Northern Superior Resources Inc. would also like to invite those attending the Toronto Prospectors and Developers Association meeting, March 9th- 10th 2010 to drop by the Company's booth (2409B). Dr. T.F. Morris (President and CEO) and management will be present to discuss the Company's exploration projects.

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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