



## News Release

# First Narrows Announces Resignation and Consolidation of Operations

Vancouver, BC – August 19, 2008 – First Narrows Resources Corp. (TSX-V: UNO) (the “Company”) reports the resignation of a Director and that, effective immediately, it is closing its office in Calgary, Alberta.

Effective August 14, 2008, Dr. Adrian Mann resigned from the Company's Board of Directors. Dr. Mann joined the Board in September 2007.

The Board of Directors thanks Dr. Mann for his service and guidance to the Company and wishes him every success in his future business endeavors.

### **About First Narrows Resources Corp.:**

First Narrows Resources Corp. (TSX-V: UNO) is a Canadian-based mineral exploration company whose corporate strategy is to develop overlooked and undervalued mineral properties that offer near term production potential. The Company has active projects in the Province of New Brunswick, Canada and in the State of Sonora, Mexico. The most advanced are the Susana D’Oro Cu-Au-Ag deposit, a former high grade producer located in Sonora’s Au-Ag and Cu-Mo mining belts, and the Chester Cu-polymetallic deposit in New Brunswick’s Bathurst Mining Camp, Canada, both 100% owned. For more information visit: [www.uno.ca](http://www.uno.ca)

For Corporate, Media, or Investor Communications contact:

Greg Lytle, Communications Manager  
First Narrows Resources Corp.  
Toll-free: (866) 285-5817  
Int’l. & Vancouver: (604) 839-6946  
Email: [glytle@uno.ca](mailto:glytle@uno.ca)

### **ON BEHALF OF THE BOARD OF DIRECTORS**

*“Peter K. Gummer”*

Peter K. Gummer, President

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the contents herein. We seek safe harbor.