



March 2, 2009

Symbol: HHS.CNSX
Frankfurt Exchange: H9T

NEWS RELEASE

HI HO SILVER SIGNS GRANTS STOCK OPTIONS

Hi Ho Silver Resources Inc. ("Hi Ho Silver" or the "Company") (CNSX:HHS) announces that the Company has granted a total of 600,000 stock options, exercisable for a two year period at \$0.15 per share, to directors and officers of the Company. Hi Ho Silver also announces that further to the Company's news release dated January 26, 2009, the Company only granted a total of 800,000 stock options on January 26, 2009 and not 1.4 million as previously advised.

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All prospective and current shareholders of Hi Ho Silver Resources are invited to join the company's official investment forum exclusively at PinnacleDigest.com <http://www.pinnacledigest.com/company/hhs%3Aca>. The forum allows for investor controlled discussion with progressive feedback from other shareholders and investors. Third party reports on the company are also available at www.PinnacleDigest.com.

Signed,
HI HO SILVER RESOURCES INC.

"Fred Fisher"

Fred Fisher,
President & C.E.O.

The CNSX Stock Exchange has not reviewed and does not accept responsibility for the adequacy or the accuracy of the contents of this document.

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Forward-Looking Information:

This release may include certain statements that may be deemed "forward-looking statements". All statements in this release, other than statements of historical facts, that address future production, reserve or resource potential, exploration drilling, exploitation activities and events or developments that Hi Ho Silver Resources Inc. (the "Company") expects to occur, are forward-looking statements. Such statements are identified in this release by the use of words such as "will" and "expected" as well as the use of the future or conditional tense. Although the Company believes the expectations expressed in such forward-looking statements are based on reasonable assumptions, such statements are not guarantees of future performance and actual results or developments may differ materially from those in the forward-looking statements. Factors that could cause actual results to differ materially from those in forward looking statements include market prices, exploitation and exploration successes, and continued availability of capital and financing and general economic, market or business conditions. Investors are cautioned that any such statements are not guarantees of future performance and actual results or developments may differ materially from those projected in the forward-looking statements. The Company does not assume any obligation to update or revise its forward-looking statements, whether as a result of new information, future events or otherwise.