



STONESHIELD CAPITAL CORP

News Release

TSX Venture Exchange: STS

August 16th, 2010

STONESHIELD PROVIDES EXPLORATION UPDATE FOR THE TABISCO GOLD/SILVER PROPERTY, MEXICO

August 16th, 2010 - StoneShield Capital Corp. (STS - TSX Venture Exchange) (“StoneShield” or the “Company”) is pleased to provide shareholders with an update on exploration at the Tabisco gold/silver property, Mexico (“Tabisco”).

Further exploration and drill target delineation at Tabisco is now underway including geologic mapping, rock sampling and soil sampling. StoneShield has signed a field services agreement with Minera Cascabel S.A. de C.V (and its United States affiliate IMDEX Inc.) to assist the Company’s chief geologist with materials & manpower for exploration.

StoneShield has also signed a geophysical services agreement with Zonge Engineering & Research Organization, Inc. to collect and interpret CSAMT data for the Company. The CSAMT data and models will be used to map potential feeder systems beneath or adjacent to known areas of strong alteration associated with gold mineralization. These alteration areas also contain coincident copper and molybdenum anomalies.

The Company has to date received five bids for core drilling at Tabisco. Drilling is planned within the central quartz vein target area and is anticipated to begin in mid-fall.

Several shallow, old mine workings occur along the quartz veins where rock chip sampling has confirmed mineralization along strike, returning high grade gold and silver values from below detection up to 11.0 g/t Au and 655 g/t Ag.

The contents of this Press Release have been reviewed by Allen Ambrose, a Qualified Person as defined in NI 43-101, and a director of the Company.

StoneShield is a publicly traded exploration company focused on the discovery of high-value precious metals deposits in North America. The Company's experienced management team boasts multiple discoveries, and brings over 70 years of combined experience in the mining and exploration sector. Please visit the Company’s web site address at www.stoneshieldcapital.com.

For further information contact Benjamin Curry, investor relations at (604) 689-2881 or toll free at 1-877-689-2881.



**ON BEHALF OF THE BOARD OF DIRECTORS OF
STONESHIELD CAPITAL CORP.**

“Kris Kottmeier”

Kris Kottmeier
President/CEO

*NEITHER TSX VENTURE EXCHANGE NOR ITS REGULATION SERVICES PROVIDER (AS THAT TERM IS
DEFINED IN THE POLICIES OF THE TSX VENTURE EXCHANGE) ACCEPTS RESPONSIBILITY FOR THE
ADEQUACY OR ACCURACY OF THIS RELEASE.*