

NEWS RELEASE

Cavan Ventures Inc.

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May 21, 2008

TSX Venture Symbol: CVN

Cavan Grants Incentive Stock Options

Cavan Ventures Inc. (the "Company") announces that it has granted incentive stock options to a director which allow the purchase of 50,000 common shares on or before May 8, 2013 at a price of \$0.32 per share.

On behalf of the Board of Directors:

"Ivan Cheong"

Ivan Cheong, Director

For further information please visit our website at www.cavanventures.com