



## **INTERNATIONAL SHIPHOLDING CORPORATION TO HOST FIRST QUARTER 2010 CONFERENCE CALL**

**Mobile, Alabama**, May 03, 2010 – International Shipholding Corporation (NYSE: ISH) today announced that it will host a conference call and webcast on May 7, 2010 at 10:00 AM EDT following the filing of first quarter financial results on Form 10-Q.

The conference call will feature members of the Company's management team, including Niels M. Johnsen, Chairman and Chief Executive Officer, Erik L. Johnsen, President, and Manuel G. Estrada, Chief Financial Officer. The management team will provide an industry and Company overview and discuss first quarter financial and operating results.

The conference call will be available via a live listen-only webcast and can be accessed through the Investor Relations section of the Company's website, [www.intship.com](http://www.intship.com). Please allow extra time prior to the call to visit the Company's website and download any software that may be needed to listen to the webcast.

A replay of the conference call will be available through May 14, 2010, at (888) 203-1112 (domestic) or (719) 457-0820 (international). The passcode for the replay is 2455709.

### **About International Shipholding**

International Shipholding Corporation, through its subsidiaries, operates a diversified fleet of United States and International Flag Vessels that provide international and domestic maritime transportation services to commercial and governmental customers primarily under medium to long-term charters and contracts.

For more information about the company, please visit [www.intship.com](http://www.intship.com).

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