



## **INTERNATIONAL SHIPHOLDING ANNOUNCES DATE FOR SECOND QUARTER 2010 EARNINGS RELEASE AND CONFERENCE CALL**

**Mobile, Alabama**, July 15, 2010 – International Shipholding Corporation (NYSE: ISH) today announced that it will release its second quarter 2010 earnings results following the close of the market on Wednesday, July 28, 2010, and will host a conference call to discuss the results at 10:00 AM EDT Thursday, July 29, 2010.

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. To participate in the conference call, please dial (888) 349-9601 (domestic) or (719) 325-2357 (international). Participants can reference the International Shipholding Second Quarter Earnings Call or passcode 3947104. Please dial in approximately 5 minutes prior to the call.

The conference call will also 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 August 5, 2010, at 877-870-5176 (domestic) or 858-384-5517 (international). The passcode for the replay is 3947104.

### **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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