

INTERNATIONAL SHIPHOLDING CORP
 Form 4
 August 01, 2007

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
 Washington, D.C. 20549

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person *
 JOHNSEN ERIK L

2. Issuer Name and Ticker or Trading Symbol
 INTERNATIONAL SHIPHOLDING CORP [ISH]

5. Relationship of Reporting Person(s) to Issuer
 (Check all applicable)

(Last) (First) (Middle)
 111 MYRTLEWOOD LANE
 (Street)

3. Date of Earliest Transaction (Month/Day/Year)
 07/30/2007

Director 10% Owner
 Officer (give title below) Other (specify below)
 President

MOBILE, AL 36608
 (City) (State) (Zip)

4. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

| 1. Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | 2A. Deemed Execution Date, if any (Month/Day/Year) | 3. Transaction Code (Instr. 8) | 4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|---|---|
| | | | | (A) or (D) | Price | | | |
| Common Stock | 07/30/2007 | | M | V | 1,990 | A | \$ 14.125 61,490 | D |
| Common Stock | 07/30/2007 | | S ⁽¹⁾ | | 800 | D | \$ 20.7 60,690 | D |
| Common Stock | 07/30/2007 | | S ⁽¹⁾ | | 100 | D | \$ 20.81 60,590 | D |
| Common Stock | 07/30/2007 | | S ⁽¹⁾ | | 100 | D | \$ 20.91 60,490 | D |
| Common Stock | 07/30/2007 | | S ⁽¹⁾ | | 100 | D | \$ 20.93 60,390 | D |

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| | | | | | | | | |
|--------------|------------|------------------|-----|---|----------|--------|---|------------------|
| Common Stock | 07/30/2007 | S ⁽¹⁾ | 100 | D | \$ 20.95 | 60,290 | D | |
| Common Stock | 07/30/2007 | S ⁽¹⁾ | 500 | D | \$ 21 | 59,790 | D | |
| Common Stock | 07/30/2007 | S ⁽¹⁾ | 290 | D | \$ 21.04 | 59,500 | D | |
| Common Stock | | | | | | 40.2 | I | See Footnote (2) |
| Common Stock | | | | | | 16,250 | I | See Footnote (3) |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(e.g., puts, calls, warrants, options, convertible securities)

| 1. Title of Derivative Security (Instr. 3) | 2. Conversion or Exercise Price of Derivative Security | 3. Transaction Date (Month/Day/Year) | 3A. Deemed Execution Date, if any (Month/Day/Year) | 4. Transaction Code (Instr. 8) | 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) | 8. Amount or Number of Shares |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|-------------------------------|
| Options (right to buy) | \$ 14.125 | 07/30/2007 | | M | 1,990 | 07/21/1999 04/15/2008 | Common Stock | 1,990 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | |
|---|---------------|-----------|-----------|-------|
| | Director | 10% Owner | Officer | Other |
| JOHNSEN ERIK L 111 MYRTLEWOOD LANE MOBILE, AL 36608 | X | | President | |

Signatures

/s/ Erik L.
Johnsen

08/01/2007

__Signature of
Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

- (1) Shares sold pursuant to the 10b5-1 Plan for Erik L. Johnsen
- (2) My pro rata share as general partner of a limited partnership.
- (3) Held in trust for the benefit of my three children. No beneficial ownership is claimed.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.
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