INTERNATIONAL SHIPHOLDING CORP Form 8-K January 07, 2013

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

January 07, 2013 Date of Report (Date of Earliest Event Reported)

Commission file number - 001-10852

INTERNATIONAL SHIPHOLDING CORPORATION

(Exact name of registrant as specified in its charter)

Delaware (State or other jurisdiction of incorporation or organization) 36-2989662 (I.R.S. Employer Identification Number)

11 North Water Street, Suite	Mobile, Alabama	36602
18290		
	(Address of principal executive offices)	(Zip Code)

(251) 243-9100 (Registrant's telephone number, including area code)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

[] Written communications pursuant to Rule 425 under the Securities Act

[] Soliciting material pursuant to Rule 14a-12 under the Exchange Act

[] Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act

[] Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act

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Item 7.01. Regulation FD Disclosure

On January 7, 2013, International Shipholding Corporation ("the Company") will present an overview of the Company at the Annual New York Microcap Conference, The Grand Hyatt Hotel, New York City, hosted by Sidoti & Company, LLC. The information materials to be presented at the conference are available on the Company's website at www.intship.com and will be available for approximately one week following the meetings. The information set forth in these materials speaks only as of January 7, 2013, and is subject to the cautionary statements and other limitations set forth therein.

In accordance with General Instructions B.2 of Form 8-K, the information in this report shall not be deemed "filed" for the purposes of Section 18 of the Securities Exchange Act of 1934 ("Exchange Act") or otherwise subject to the liabilities of that section, nor shall such information be deemed incorporated by reference in any filing under the Securities Act of 1933 or the Exchange Act, except as shall be expressly set forth by specific reference in such filing.

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SIGNATURES

Pursuant to the requirements of the Securities and Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned thereunto duly authorized.

INTERNATIONAL SHIPHOLDING CORPORATION

/s/ Manuel G. Estrada

Manuel G. Estrada Vice President and Chief Financial Officer

Date: ,January 07, 2013