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INTERNATIONAL SHIPHOLDING Form 4 May 02, 2008	CORP				
			OMB AF	PROVAL	
UNITED STATE	OMB Number:	3235-0287			
Check this box if no longer	Expires:	January 31, 2005			
subject to Section 16. Form 4 or	Estimated average burden hours per response 0.				
Form 5 Filed pursuant to	Section 16(a) of the Securities Exchange	e Act of 1934,	16300136	0.0	
may continue	Public Utility Holding Company Act of) of the Investment Company Act of 194				
(Print or Type Responses)					
1. Name and Address of Reporting Person <u>*</u> ESTRADA MANUEL G	2. Issuer Name and Ticker or Trading Symbol INTERNATIONAL SHIPHOLDING CORP [ISH]	5. Relationship of Reporting Person(s) to Issuer6 (Check all applicable)			
(Last) (First) (Middle) 11 NORTH WATER ST SUITE 18290	3. Date of Earliest Transaction (Month/Day/Year) 04/30/2008	Director X Officer (give t below)		Owner er (specify	
(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
MOBILE, AL 36602		Form filed by Mo			
(City) (State) (Zip)	Table I - Non-Derivative Securities Acc	uired, Disposed of,	or Beneficial	ly Owned	
1.Title of Security (Instr. 3)2. Transaction Date (Month/Day/Year)2A. De Executi any (Month	1	SecuritiesHBeneficially(OwnedH	5. Ownership Form: Direct D) or Indirect (I) Instr. 4)		
Common 04/30/2008 Stock	A <u>(1)</u> 15,000 A \$0	15,000 I	D		

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

 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)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
			Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

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Reporting Owners

Reporting Owner Name / Address		Relationships					
		Director	10% Owner	Officer	Other		
ESTRADA MANUEL G 11 NORTH WATER ST SUITE 18290 MOBILE, AL 36602				CFO			
Signatures							
/s/ Manuel G. Estrada	05/02/2008						
<u>**</u> 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) Represents a grant of restricted stock the reporting person received from the Company.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.