



# CATHY VLAHOGIANNIS

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TELEVISION

RADIO

FILM

**HELLO!**

I have *always* had a passion for show business and all it entails.

Over the past two decades, I've worked as a creative in three aspects of the entertainment industry -  
*television, radio and film.*



## TELEVISION

PRODUCER | WRITER | EDITOR

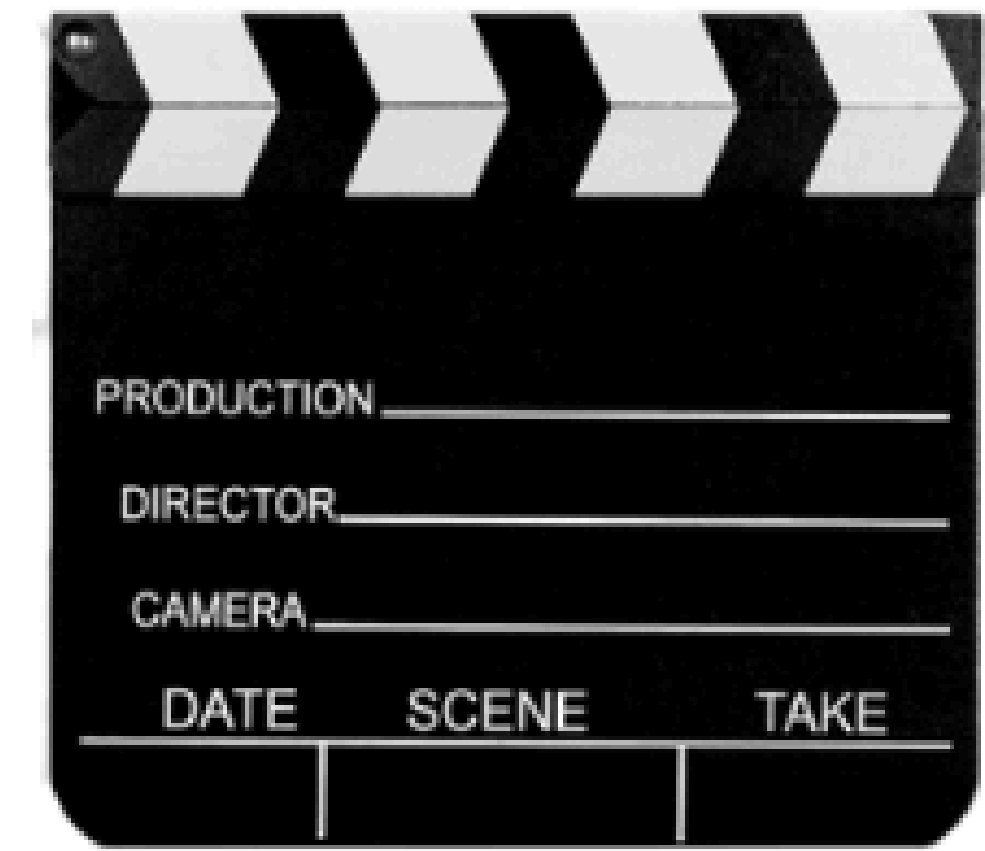
Three-time Emmy® Award winner,  
17-time nominee,  
with more than 13 years of  
television and video producing, writing  
and editing experience.



## RADIO

CO-HOST | PRODUCER

Media professional  
with eight years of  
radio producing, promotions  
and national live  
on-air hosting experience.



## FILM

SET DECORATION BUYER

Set decoration buyer  
with network series,  
pilot and  
major motion picture  
experience.

1,000+  
Television Segments Produced

2,000+  
Radio Guests Booked

3,000+  
Set Decoration Buying Hours



## **GOAL**

With hard work, dedication and - *a whole lotta luck* - I've been a part of some incredible shows, and have collaborated with many talented professionals.

My goal is to continue working on creative projects that will inspire, inform and entertain.



# SET DECORATION

I.A.T.S.E. LOCAL 476

AUGUST 2019 - PRESENT

CHICAGO, IL

- *The Bear*  
(S1, S2, S3, S4 & S5, Ep. 2-46)  
Buyer  
FX Networks/Hulu  
Streaming Series

- *Deli Boys*  
Buyer  
20th Television  
Television Pilot

- *Power Book IV: Force*  
(S2, Marketing Campaign)  
Set Decorator  
Starz  
Marketing Campaign

- *South Side*  
(S3, Ep. 1-8)  
Set Decorator  
Jax Media/HBO Max  
Streaming Series

- *We Grown Now*  
Asst. Set Decorator  
Participant Media  
Independent Film

- *Justified: City Primeval*  
(Ep. 1-2)  
Buyer  
Sony Pictures Television  
Television Series

- *Start Without Me*  
Lead Person  
637 Scrapper  
Independent Film

- *Night Sky*  
(S1, Ep. 1-8)  
Buyer  
Legendary/Amazon  
Streaming Series

- *The Chi*  
(S4, Ep. 1-2)  
Buyer  
Showtime  
Television Series

- *The Batman*  
(Chicago Unit)  
Buyer  
Warner Bros.  
Feature Film

- *Ordinary Joe*  
Buyer  
20th Television  
Television Pilot

- *Chicago Fire*  
(S8, Ep. 2-20 & S11, Ep. 5)  
Buyer  
NBC Universal  
Television Series



# CHICAGO FIRE



## **ASSISTANT TO THE SHOWRUNNER & EXECUTIVE PRODUCERS - 'CHICAGO FIRE'**

NBC UNIVERSAL

JULY 2018 - AUGUST 2019

CHICAGO, IL

- Chicago Production Assistant to Creator/Showrunner, Derek Haas, and Executive Producers/Writers, Michael Gilvary and Andrea Newman.
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**SET  
PRODUCTION ASSISTANT**



**OFFICE  
PRODUCTION ASSISTANT**

NBC UNIVERSAL

MARCH 2018 - AUGUST 2019

CHICAGO, IL

• *Chicago Fire*, Seasons 7 & 8 -  
Additional Set Production Assistant |  
Additional Office Production Assistant

• *Chicago P.D.*, Seasons 5 & 6 -  
Additional Set Production Assistant

• *Chicago Med*, Season 4 -  
Additional Set Production Assistant

# RADIO CO-HOST | PRODUCER - 'THE MANCOW SHOW'

97.9 THE LOOP/WLUP-FM (CUMULUS)

MARCH 2015 - MARCH 2018

CHICAGO, IL

- Co-host of comedy-based, morning radio program which aired daily on Chicago's heritage classic rock station.
- Reported morning traffic and weather developments twice per hour.
- Researched, booked and produced guest segments.
- Hosted promotional events for advertisers.
- Managed a team of freelance guest bookers.
- Conducted daily 'man on the street' interviews.





JANET  
DAVIES  
MEDIA

Voice over  
B-roll  
Production  
Reality  
YouTube  
Innovation  
One-stop  
Emmy® Award Winning  
Post-production  
Live Events  
Branding  
Viral  
Community  
Scripts  
Facebook  
Local  
Media Kits  
Video  
Vision  
Web  
National  
Media  
Professional  
Voice over  
190North

## VIDEO PRODUCER | WRITER | EDITOR

JANET DAVIES MEDIA

MAY 2013 - MARCH 2015

CHICAGO, IL

- Produced, wrote and edited corporate, training and web videos for a variety of private clients.
- Provided business executives media training to help them effectively communicate when speaking on camera.
- Client list included Chicago Children's Theatre, Wavefront Festival and Mi Casa Es Su Casa.

# TELEVISION

## PRODUCER | WRITER | EDITOR - LOCAL PROGRAMMING

ABC 7/WLS-TV (DISNEY)    JANUARY 2003 - MAY 2013    CHICAGO, IL

- Three-time Emmy® Award winner, 17-time Emmy® Award nominee.
- Produced, wrote and edited segments for weekly, half-hour, entertainment/lifestyle show, *190 North*.
- Supervised *190 North* show production.
- Produced various travel, public affairs and live specials including the station's highest rated annual live broadcast, *Countdown Chicago*.
- Developed, produced and edited two weekly, half-hour, studio-based programs for ABC's national Live Well Network - *Let's Dish* (cooking show) and *Here's How Right Now* (home improvement series).
- Produced sales promotion spots and public service announcements for air.
- Coached on-air talent.
- Devised show rundowns.
- Revised graphics and participated in set redesign by working closely with art department.
- Managed all social media platforms for station programming.
- Served as social media evangelist by introducing co-workers from various departments on how to effectively leverage online platforms such as Facebook, Twitter and Instagram.



**Q101**



## **RADIO CO-HOST | PRODUCER - 'THE MANCOW SHOW'**

Q101/WKQXFM (EMMIS)

AUGUST 2000 - DECEMBER 2002

CHICAGO, IL

- Provided female perspective to daily, live, entertainment-based, nationally syndicated morning radio show.
- Researched, booked and produced over 1,200 guest segments.
- Produced compelling stories to build the 18-to-35-year-old male demographic.
- Conducted daily 'man on the street' interviews to generate listener phone calls.

## **IT ALL COMES DOWN TO ONE THING...**

Whether it's a television show I've produced about a new and exciting travel destination, a funny personal experience I've shared on the radio, or the detailed items I've purchased to enhance a character's environment on a film set, it all comes down to one thing - telling engaging and entertaining *stories*.



# ON CAMERA

SEPTEMBER 2015 - JANUARY 2019

• During my time co-hosting *The Mancow Show* on 97.9 The Loop, I had a few fun on-screen opportunities:

- *Canal Street*  
Red Guerilla Productions  
Feature Film  
January 2019
  - *Death Wish*  
MGM/Paramount Pictures  
Feature Film  
March 2018
  - *Easy* (Season 2, Ep.1)  
Netflix  
Streaming Series  
December 2017
  - *Kendra On Top* (Season 4, Ep.9)  
We TV  
Television Series  
September 2015
-

## **PROFICIENCY**

Being that I've been able to pivot into television, radio and film, I can confidently say - *I can handle just about anything*. I've started from the bottom three times by choice, and through each of these experiences I've developed invaluable skills.

# HONORS & AWARDS



COVER FEATURE  
*STATUS*  
MAGAZINE  
FEBRUARY 2013

• *Status* magazine featured me in a cover story about my background, work and achievements.



EMMY® AWARD  
NATIONAL ACADEMY OF  
TELEVISION ARTS & SCIENCES  
NOVEMBER 2009

• *Magnificent Mile Lights Festival* -  
Outstanding Achievement for  
Special Event Program -  
Live



EMMY® AWARD  
NATIONAL ACADEMY OF  
TELEVISION ARTS & SCIENCES  
NOVEMBER 2008

• *190 North* -  
Outstanding Achievement for  
Informational Programs - Single  
Magazine Program, Series or  
Segment



EMMY® AWARD  
NATIONAL ACADEMY OF  
TELEVISION ARTS & SCIENCES  
NOVEMBER 2006

• *190 North* -  
Outstanding Achievement for  
Informational Programs - Single  
Magazine Program, Series or  
Segment

## **MOTIVATION**

Working on projects that have the ability to impact others is what drives me.

## **PASSION**

Entertainment and content creation are *truly* what I love. No matter how challenging, I haven't been a part of a show I wasn't excited about. That is something I do not take for granted.

# EDUCATION & COURSES

## Columbia COLLEGE CHICAGO

COLUMBIA COLLEGE CHICAGO

BACHELOR OF ARTS - TELEVISION JOURNALISM

SUMMER 2004

- *Newsbeat* (Live News Broadcast), Producer
- *Out On A Limb* (Comedy Sketch Show), Actor

*The Second City*

THE SECOND CITY  
PROFESSIONAL DEVELOPMENT  
WINTER 2015 | SPRING 2018

- Writing for Television & Film
- Improv Workshop
- Hosting for Television
- Developing Your Movie
- Intro to Filmmaking

CHICAGO  
FILMMAKERS

CHICAGO FILMMAKERS  
PROFESSIONAL DEVELOPMENT  
SPRING 2019

- Film Producing
- Cinematography
- Premiere Pro Editing

 Designer  
Society OF AMERICA

DESIGNER SOCIETY OF AMERICA  
PROFESSIONAL DEVELOPMENT  
SUMMER 2025

- Certified Residential Interior Designer

elvtr

ELVTR  
PROFESSIONAL DEVELOPMENT  
SPRING 2026

- Production Management in Television

# TRAINING

## TELEVISION

I learned all about the television business from one of the most talented and well-known entertainment hosts in Chicago, and went on to win three Emmy® Awards for my work as a local programming producer.

## RADIO

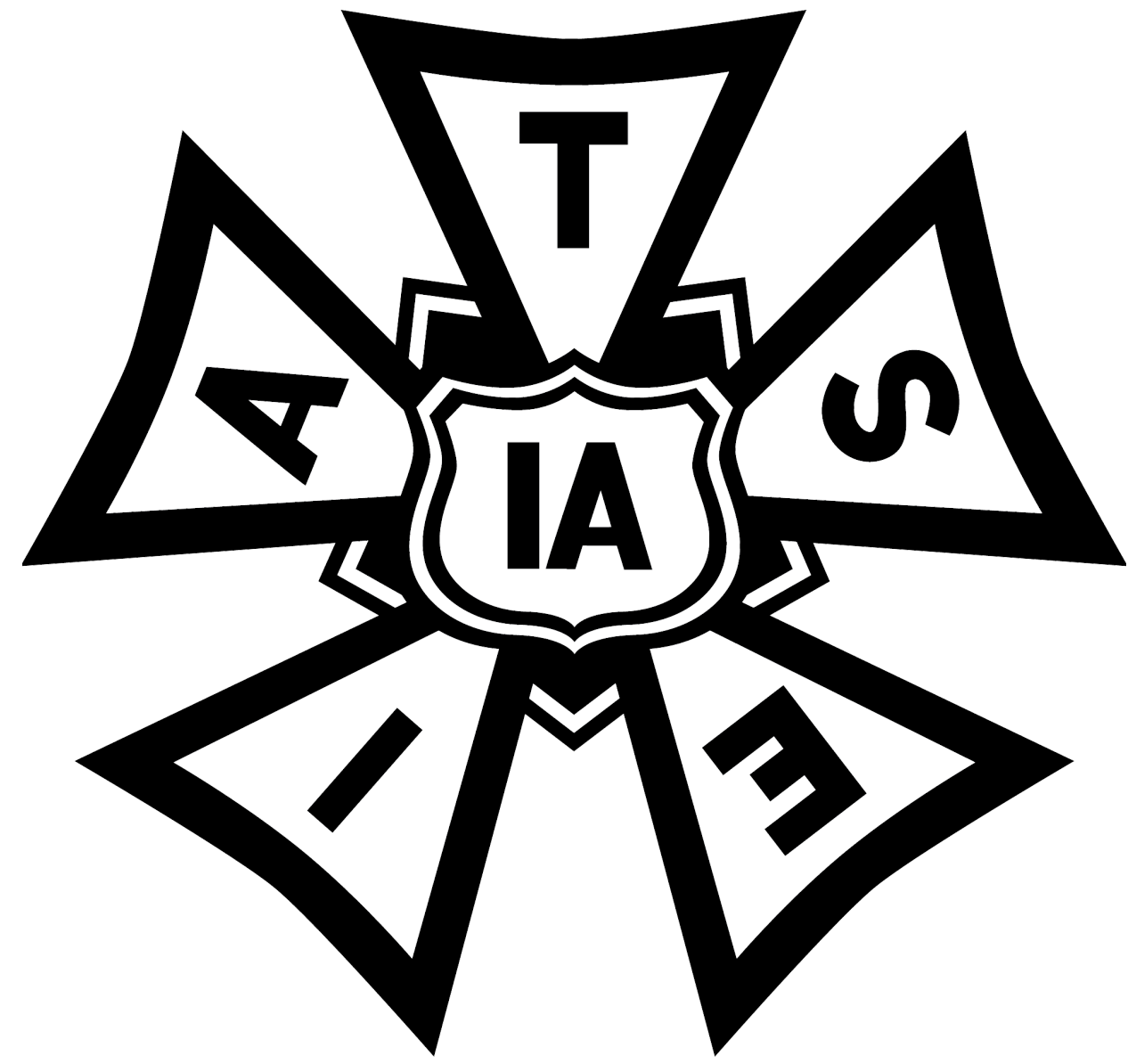
I co-hosted and produced a nationally syndicated, comedic morning talk show alongside one of the biggest names in radio at two iconic Chicago stations.

## FILM

I've worked on network series and major motion picture projects for some of the best creative minds in the film industry.



# ORGANIZATIONS



I.A.T.S.E.  
LOCAL 476  
AUGUST 2019 - PRESENT

• Set Decoration Buyer



SAG-AFTRA  
MARCH 2015 - PRESENT &  
AUGUST 2000 - DECEMBER 2002

• Member, Chicago Local



NATIONAL ACADEMY OF  
TELEVISION ARTS & SCIENCES  
JANUARY 2003 - PRESENT

• Member, Chicago Chapter



SET DECORATORS  
SOCIETY OF AMERICA  
JANUARY 2021 - PRESENT

• Associate Member

# VOLUNTEER WORK



COMMITTEE MEMBER - *MINDS MATTER*  
NORTHWESTERN BRAIN TUMOR INSTITUTE  
JUNE 2014 - JUNE 2015  
CHICAGO, IL

- Event Planning Committee Member for Northwestern Brain Tumor Institute's annual gala.



FLOAT CREATIVE DIRECTOR & CO-PRODUCER  
PRIDE PARADE  
2000 - 2003, Q101 &  
2004 - 2009, BOOM BOOM ROOM  
CHICAGO, IL

- Over 10 years, conceptualized and designed 10 float themes for one of Chicago's most attended parades.
  - Winner - *Pride Parade's Best Float*, 2008
  - Runner Up - *Pride Parade's Best Float*, 2009

## **FUN FACTS**

I'm a native Chicagoan. I'm 100% Greek. I'm a first generation Greek-American. My favorite film is *Swingers*. I have a Pit Bull Boxer mix named Izzy. I have a cat named Orange Kitty. I'm very organized. I love lists. I knew I wanted to work in entertainment my entire life. Oprah Winfrey and I wore the same outfit to her show once.

My favorite guest booking of all time is the real-life Henry Hill from the movie, *Goodfellas*.

# CATHY VLAHOGIANNIS

TELEVISION

RADIO

FILM



Cathy Vlahogiannis has been recognized by the National Academy of Arts and Sciences with three Emmy® Awards and 17 nominations.

Her 10 years at WLS-TV (ABC 7) saw her produce, write and edit *190 North*, the longest-running weekly entertainment/lifestyle show in Chicago broadcast history. She developed, produced and edited two programs for ABC's national Live Well Network, *Let's Dish* (a cooking show) and *Here's How Right Now* (a home improvement series). And, she produced various travel, public affairs and live specials, including ABC 7's highest-rated annual live broadcast, *Countdown Chicago*.

Cathy began her broadcasting career in radio marketing and promotions in 1999, first at WKIE-FM (92KissFM), then at WKQX-FM (Q101). She then spent three years co-hosting and producing the daily, nationally syndicated radio talk show, *Mancow's Morning Madhouse*, on Q101. Cathy joined Mancow once again on WLUP-FM (97.9 The Loop) from 2015-2018 as his co-host, producer and traffic reporter. It was during her time at 97.9 The Loop that Cathy had the opportunity to be seen on screen, most notably in Director Eli Roth's modern-day reimagining of the 1974 classic film, *Death Wish*.

In 2018, Cathy made the transition into film/television production. She assisted the Creator/Showrunner and Executive Producers/Writers of NBC's *Chicago Fire*. She also worked as a Production Assistant on all of the Chicago-based Dick Wolf produced shows (*Chicago Fire*, *Chicago P.D.* and *Chicago Med*).

Currently, Cathy works in Set Decoration. She has been a part of several critically acclaimed productions as a Set Decoration Buyer including Hulu's *The Bear* (Seasons 1-5), NBC's *Chicago Fire* (Season 8), the Twentieth Television pilot, *Ordinary Joe*, and the Warner Bros. feature film, *The Batman* (Chicago Unit). She has also worked as a Set Decorator on HBO Max's *South Side* (Season 3).

Cathy is a union member of SAG-AFTRA and IATSE Local 476. She is also a member of the National Academy of Television Arts and Sciences and the Set Decorators Society of America.

Cathy is a graduate of Columbia College Chicago, where she majored in television journalism, she studied film at Chicago Filmmakers and The Second City, and she earned her certification in interior design from the Designer Society of America. A native Chicagoan, and a first-generation Greek-American, Cathy is also fluent in the Greek language.

## **CONNECT**

For more information, and to connect with me, please visit my website.

[www.cathyvlahogiannis.com](http://www.cathyvlahogiannis.com)

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