



**CATHY VLAHOIANNIS**

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TELEVISION RADIO FILM



**HELLO!**

I have *a/ways* 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.

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# RADIO

CO-HOST | PRODUCER

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

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# FILM

SET DECORATION BUYER

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





## 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 BUYER

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

AUGUST 2019 - PRESENT

CHICAGO, IL

- *The Bear*  
(S1, Ep. 2-8)  
FX  
Television Series  
Dec. 2021 - Apr. 2022
- *Start Without Me*  
(Lead Person & Buyer)  
637 Scraper  
Independent Film  
Oct. 2021 - Nov. 2021
- *Lightyears*  
(S1, Ep. 1-8)  
Legendary/Amazon  
Streaming Series  
Mar. 2021 - Oct. 2021
- *Continental Tires*  
Mini Gorilla Productions  
Television Commercial  
Mar. 2021
- *The Chi*  
(S4, Ep. 1-2)  
Showtime  
Television Series  
Feb. 2021
- *Ordinary Joe*  
20th Television  
Television Pilot  
Oct. 2020 - Nov. 2020
- *The Batman*  
(Chicago Unit)  
Warner Bros.  
Feature Film  
Sep. 2020 - Oct. 2020
- *Ordinary Joe*  
20th Television  
Television Pilot  
Feb. 2020 - Mar. 2020
- *Chicago Fire*  
(S8, Ep. 2-20)  
NBC Universal  
Television Series  
Aug. 2019 - Feb. 2020





**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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A close-up, dark shot of a fire truck's side. The number '18' is visible on a door, and '18 327' is on a small sign above it. The text 'CHICAGO FIRE' is overlaid in large, bold, orange letters with a flame effect on the 'O' in 'FIRE'.

# CHICAGO FIRE

## **SET PRODUCTION ASSISTANT**

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## **OFFICE PRODUCTION ASSISTANT**

NBC UNIVERSAL

MARCH 2018 -  
AUGUST 2019

CHICAGO, IL

A dark, atmospheric shot of the Chicago skyline at night, with lights reflecting on the water. The text 'CHICAGO P.D.' is overlaid in large, bold, red letters with a distressed, stencil-like texture.

# CHICAGO P.D.

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

A silhouette of the Chicago skyline against a bright red, hazy sky. The text 'CHICAGO | MED' is overlaid in large, bold, white letters.

# CHICAGO | MED

- *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.





## **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 Music Festival & Mi Casa Es Su Casa.

**JANET  
DAVIES  
MEDIA**

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





## **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.
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# 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:

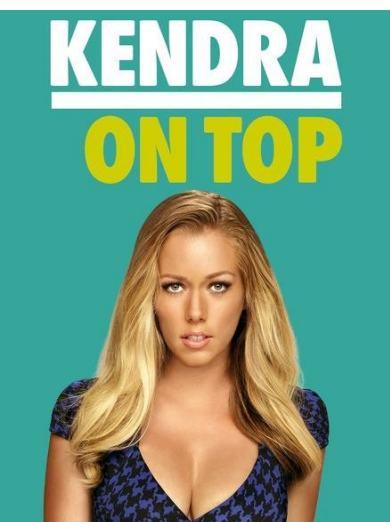


- *Canal Street*  
Red Guerilla Productions  
Feature Film  
January 2019



- *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.



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

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



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

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



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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
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*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
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**CHICAGO**  
**FILMMAKERS**

CHICAGO FILMMAKERS  
PROFESSIONAL DEVELOPMENT  
SPRING 2019

- Film Producing
- Cinematography
- Premiere Pro Editing

# TRAINING

## TELEVISION

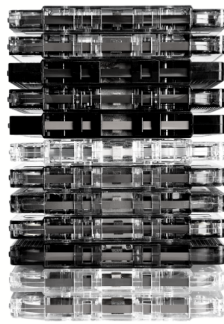
I learned all about the television business from one of the most talented and well-known entertainment hosts in Chicago, and went on to win three Emmy® Awards for my work as a local programming producer.

## 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

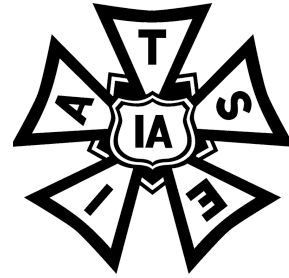
I've worked on network series and major motion picture projects for some of the best creative minds in the film industry.



# ORGANIZATIONS

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

- Set Decoration Buyer



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

- Member, Chicago Local



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NATIONAL ACADEMY OF  
TELEVISION ARTS & SCIENCES  
JANUARY 2003 - PRESENT

- Member, Chicago Chapter



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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.
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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 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 is a Set Decoration Buyer. She has worked on several productions, including NBC's *Chicago Fire* (Season 8), the Twentieth Television pilot, *Ordinary Joe*, and the Warner Bros. feature film, *The Batman* (Chicago Unit).

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, and she studied film at Chicago Filmmakers and The Second City. 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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