



CATHY VLAHOGIANNIS

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

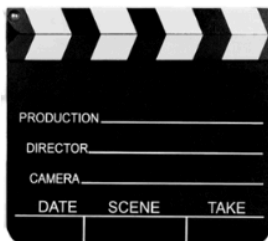
CO-HOST | PRODUCER



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-S5, Ep. 2-46)
Buyer
FX Networks/Hulu
Streaming Series
- *Deli Boys*
Buyer
20th Television
Television Pilot
- *Power Book IV: Force*
(S2, Marketing)
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





**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.



CHICAGO FIRE

**SET
PRODUCTION
ASSISTANT**

**OFFICE
PRODUCTION
ASSISTANT**

NBC UNIVERSAL

MARCH 2018 -
AUGUST 2019

CHICAGO, IL



CHICAGO P.D.

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



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

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



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

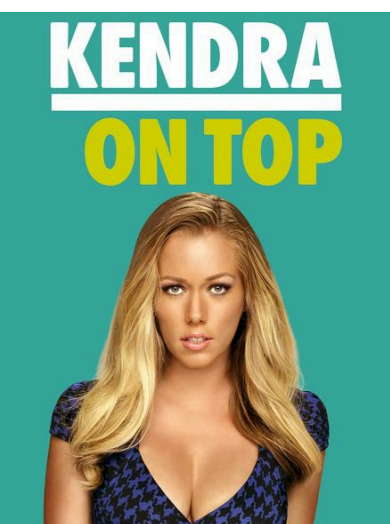
• During my time co-hosting *The Mancow Show* on 97.9 The Loop, I had a few fun on-screen opportunities:



- *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
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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
-

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
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|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

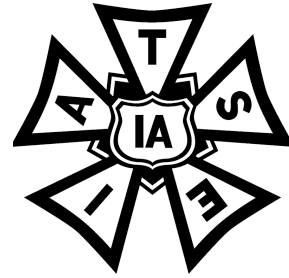
I've worked on network series and major motion picture projects for some of the best creative minds in the film industry.



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.
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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 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, 2, 3, 4 & 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

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