

Chatterbox #139 – Fads and trends

Transcript

Harp: Hello everyone. This is Harp.

Andrew: And I'm Andrew. And we're back with another Culips episode.

Harp: Yes. Make sure you check out our website, Culips.com, that's C-U-L-I-P-S.com, because there you can sign up and become a member.

Andrew: And we'd really love it if you signed up to become a member. And it would be great for you, as well, because you get a lot of exciting and awesome learning materials when you are a member.

Harp: Yes, for sure. And we're also on social media, so come say hi to us on Twitter or on Facebook.

Andrew: So Harp, what's new with you?

Harp: Well, I'm pretty excited.

Andrew: Pretty excited? Why is that?

Harp: It's a really **dorky** reason to be excited, but my sister was here visiting last week and she completely reorganized, redesigned, my closet.

Andrew: Your closet? Like, the closet in your bedroom where you keep all your clothes?

Harp: Actually, this is more of a storage closet that has my washing machine. And it has just a lot of storage, like my mops and my brooms and all that kind of stuff and it was a disaster before.

Andrew: But it's all organized and clear now?

Harp: Exactly. She did a great job and it's so spacious and I'm just really excited about it.

Andrew: That is a satisfying feeling, isn't it? When everything's in its right place.

Harp: Exactly. And usually I keep the door closed so no one can see in, but I'm just keeping the door open so everyone can see how nice my closet is.

Andrew: That's right. Show off the closet.

Harp: Exactly.

- Andrew: Well, today we are going to do a Chatterbox episode. And a Chatterbox episode is where we discuss a topic and just have a cool discussion about that topic.
- Harp: Yup. And today we're gonna talk about **fads** and **trends**. And first we're gonna explain them and define them, and then we're gonna talk about some **fads** and **trends** from our past. We'll finish by talking about some current **fads** and **trends**.
- Andrew: That is right. So Harp, are you a **trendy** person?
- Harp: I would definitely say no. I'm always behind the **trend**.
- Andrew: I'd have to agree. I think I'm the same as you. I'm not really too **trendy**.
- Harp: Yes. So, why don't we first start with explaining the difference between **fads** and **trends**?
- Andrew: Sure. So, what is a **fad**?
- Harp: **A fad** is something that is fashionable to either do or say or eat. But for a short period of time it's really fashionable.
- Andrew: Mmhmm. So when something gets really popular and everybody seems to be doing it, like, maybe it's a diet or maybe it's a cool new slang expression. Everybody's saying it or doing it for just a short period of time, we can call this a **fad**.
- Harp: Yes. And so, a **trend** is also something that is fashionable or popular, but it usually takes a bit longer to get adopted and to become popular. And it lasts longer. **A fad** is usually something that is very short lived. It doesn't last for a very long time, while a **trend** stays popular for longer.
- Andrew: **A fad** is something that is popular—it could be something you wear or something you say or something that you eat—and it's popular just for a short period of time. On the other hand, a **trend** is something that is popular—it could also be a clothing style or something you say—but it takes longer to become popular and once it becomes popular it stays popular for a long time.
- Harp: Exactly. And so, Andrew and I were both saying that we're not very **trendy**. So that means we definitely don't follow a lot of **fads**, because they become popular very quickly and then they're gone very quickly. So, by the time we even know about it, it's already past.
- Andrew: That is right. And I think most of the people who follow **fads** are usually younger people; teenagers or high school students.

- Harp: Yes. I would definitely agree with that.
- Andrew: OK, so I think we should start now by talking about some **fads** and some **trends** that were popular when we were younger.
- Harp: The one thing I remember when I was younger was big hair.
- Andrew: Big hair?
- Harp: Yup. In the '80s, girls and even guys really wanted big hair. Like, the higher you could get it to go, the more hairspray you had in it, the more you back-combed it, the cooler you were.
- Andrew: I know what you're talking about. I think of **hair metal** bands. You know these guys? This was a genre of music that was popular in the '80s. And they were characterized by their huge hairstyles.
- Harp: Yup, exactly. That's exactly what I'm talking about. And I remember I had an older cousin and I thought she was so cool because she had bangs that were 6 inches high, and I was just fascinated by how she did her hair and how much hair spray she put into it. But, like I said, I wasn't very **trendy**, so back then I had my **pigtails** and didn't have big hair.
- Andrew: Yeah. So much hair spray back in the '80s. The hair spray companies must have just been selling a ton of the stuff.
- Harp: Yup. Can you think of some other **trends** when we were younger?
- Andrew: Sure. Well, when I was a child, in elementary school, I used to play **pogs** at school. And this was a big **fad** in, I guess, the mid-'90s.
- Harp: I do remember that, but you are younger than me, so I actually remember it from my younger sister and how obsessed she was with **pogs**, and how I really didn't understand it at all. I didn't even understand the game or what the purpose was.
- Andrew: **Pogs** are a game that originated in Hawaii. And you collect these little circular coins that are made out of cardboard. They kind of look like a bottle cap. And you would collect these and trade them with your friends. And you would even play a game where you would stack them up and then slam them down to trade them with your friends. It was kind of a competition. It was really fun.
- Harp: I would definitely say that **pogs** were a **fad**, because I remember they became really popular very quickly, and then the next year I don't remember her ever talking about them again.

- Andrew: Exactly. So this is really what **a fad** is, right? It's something that **spikes** in popularity very quickly and then disappears, also very quickly.
- Harp: Another **trend** I remember when I was in high school were the **Club Monaco** sweatshirts.
- Andrew: Mmhmm. **Club Monaco** sweatshirts. I remember these as well.
- Harp: Back when it was the '90s, they had these sweatshirts that they made. They had the logo on the front, the **Club Monaco** logo, and they had them in a million different colours. And I remember everyone was wearing them.
- Andrew: Yeah. They were pretty popular, back in the day. Did you ever own a **Club Monaco** sweatshirt?
- Harp: I definitely did. I think I owned a couple of them, to tell you the truth. And I remember they were quite expensive, so I had to save up a lot of my allowance to be able to buy one.
- Andrew: Yeah. They were expensive. And you know what's funny, is a lot of **fads** are cyclical, right? They become popular for a short period of time and then they go away for maybe 20 years or something and then they **spike** again. And I've actually seen some cool kids in Montreal wearing the **Club Monaco** sweaters again. It's back.
- Harp: They have to be the vintage ones. Do **Club Monaco** still sell them? No.
- Andrew: No. They're the vintage ones, for sure. But they're popular to wear again.
- Harp: Wow! I think that I still have one of them at my parents' house. So maybe I'll find it the next time I go visit and I can be **trendy**!
- Andrew: Or you can put it on EBay and make a lot of money.
- Harp: That's actually a much better idea.
- Andrew: Another **fad** that I remember is **slap bracelets**.
- Harp: Oh, yes. **Slap bracelets**.
- Andrew: Mmhmm. So these are just short little pieces of plastic that when you hit them up against your wrist, they curl around your wrist and become a bracelet.

- Harp: Yup. And they were really popular. And I remember kids in school would just sit there all day and just slap their wrists, wrap it around, and then do it again and again. I'm sure if that if you were a teacher back in this time, you were going crazy because of these **slap bracelets**.
- Andrew: Yes. All the kids were playing with them at school and it must have been very annoying to be a teacher at that time because every time you snap them around your wrist it makes a little popping sound. And the classroom would just be filled with this noise, *pop pop pop*.
- Harp: Yup. And I remember they were quite colourful.
- Andrew: Mmhmm. They would all have different designs. Some would be neon or sparkly or whatever. Yeah. They were cool.
- Harp: Yeah. I remember those, for sure.
- Andrew: Mmhmm. Well, those are some popular **fads** from when we were younger. But I'm sure our listeners are interested in knowing what is **trendy** and what are some **fads** that are happening right now in Montreal.
- Harp: Well, I'm gonna talk about one, because you say that you're not **trendy** but I see that you're following this **trend**.
- Andrew: Uh oh. I've been caught. What is it?
- Harp: **Beards**.
- Andrew: **Beards**. Yes, I know. The **beard** is **trendy** right now.
- Harp: It's very **trendy**. When we were younger and in university, I don't remember anyone, really, having **a beard**. But now it just seems like a lot of guys in Montreal have **a beard**.
- Andrew: It's true. There're so many males who have **beards** at the moment. And you know what I think it is? It's the winter. It's so cold outside. It just helps to have that extra layer of protection against your skin.
- Harp: I agree. But I do think it's cool, because it's always cold in Canada in the winter and it wasn't that popular before. It's definitely **trendy** to have **a beard**.
- Andrew: It's true. So I guess I lied. I am a little bit **trendy**, perhaps. Yup.
- Harp: And you actually have the **lumberjack** plaid shirt, so you're kinda really **trendy** right now, Andrew.
- Andrew: Yeah. I wore the wrong shirt to the recording session tonight, I guess.

- Harp: I'm gonna take a picture of Andrew and you're gonna see that he's actually quite **trendy**. Because, I see, again, a lot of guys with the **beard** and with the plaid shirt.
- Andrew: Yeah. This is **a look** that's just popular. The **lumberjack look**.
- Harp: Yup, exactly.
- Andrew: Mmhmm. So another **trend** that is popular in Montreal at the moment is everybody has a Canada Goose jacket. Have you noticed these?
- Harp: I have noticed it, for sure. And it's everywhere. Everyone seems to have one of these jackets.
- Andrew: Mmhmm. So this is a type of jacket that is filled with goose down. And they're made in Canada and they're actually super expensive. They're hundreds of dollars, so I'm surprised that I see so many people wearing them. But I guess they must be really warm.
- Harp: They are really expensive. They're almost a thousand dollars. And I think they are really warm because they were actually designed and built for people going up into the Arctic. So I'm sure they're really warm, but I don't understand how everyone can afford them, because they're really expensive. But it's true, you see them everywhere. When you're taking the metro, you're gonna see so many people wearing these jackets.
- Andrew: Mmhmm. And I spend a lot of time at schools and universities, and I notice especially that the foreign exchange students have the Canada Goose jackets, because I think when they're experiencing winter for the first time, they think it's gonna be so cold here that they need to spend a lot of money on the best type of jacket. But in case you're gonna visit Montreal, and you're concerned about money, I would give you these words of advice: Yes, it's important to have a good coat, but you don't need to spend a thousand dollars on a winter coat. You can find a coat that will keep you warm for cheaper.
- Harp: Yup. I totally agree with you that it's mainly people who didn't grow up in Quebec who wear these Canada Goose jackets, because they're so afraid of the winter and everyone keeps telling them that you have to dress warm. So they just think that they have to wear something that's really expensive. And it's true, though. I have heard that the Canada Goose jackets are really warm. But you're right; my jacket only cost me a hundred dollars and it keeps me very warm.

- Andrew: Yes. So there are alternatives out there. But it's **a trend**, for sure.
- Harp: Yes.
- Andrew: So we've mainly been discussing fashion **trends** and **trends** that were followed by kids that had to do with toys. But there are also diet **trends**. And one that is very popular right now is **the gluten-free diet**.
- Harp: Yes, **the gluten-free diet**. It seems everywhere I'm going, if I'm going to a restaurant, someone is saying that they follow **a gluten-free diet**.
- Andrew: Mmhmm. I know a lot of my friends are **gluten-free** at the moment. And gluten is just a product that is found in flour. So if you are **gluten-free**, it means that you have to avoid foods that are made with this flour.
- Harp: Exactly. And it kind of seems to have become popular because of celiac disease, but now it just seems that everyone is doing it, not because it's for their health, but because it's **trendy**. Someone else isn't eating gluten, so they don't want to eat gluten. It's just **a trend** rather than something they're doing for their health.
- Andrew: And in fact, if you go to the grocery store, there's now a whole aisle in the store that just contains **gluten-free** products. And even a year ago, this didn't exist. And now the market is just flooded with this type of **gluten-free** stuff.
- Harp: Yup. I have a friend who recently became **gluten-free** and she came to my house and I had to cook dinner and I definitely had to think about it but there're so many products out there for people who are **gluten-free** that it ended up being easy. But, like you said, it's not something you could have found before. It's very **trendy**.
- Andrew: Exactly. So this is an example of a diet **trend** that's happening at the moment. So we'll give you one more example of a recent **fad**. And this is the expression **YOLO**.
- Harp: **YOLO**.
- Andrew: And we haven't talked about this slang expression on the podcast yet, but it's kind of a fun one. And it means *you only live once*.
- Harp: Yes. But this is definitely **a fad** because I don't really hear anyone saying this anymore.

- Andrew: No. It was really popular in, maybe, 2013. You'd hear people say **YOLO** all the time. Whenever somebody was sort of seizing the day, or justifying why they had to do something, they would say **YOLO**. Like, "I have to do this thing before I die," right? And it became popular because of the rapper Drake, who is a Canadian rapper, actually. And so this was an expression that was said by a lot of people but you don't really hear it too much anymore.
- Harp: Yup. And that often happens with slang; that it becomes **a fad** and then it just disappears very quickly.
- Andrew: There are lots of different types of **fads** and we've talked about some of them today. And we'd be really interested in knowing what some **fads** and some **trends** from your country are. Because that's the other unique thing about **fads** and **trends**, is that they're different in every city.
- Harp: Yes. Definitely leave us a comment on Facebook or send us a tweet about some **fads** and **trends** that you see happening wherever you are.
- Andrew: Or even better, if you have a picture of yourself wearing some clothes that are **trendy** right now, upload that so we can see with our own eyes.
- Harp: That would be awesome.
- Andrew: That would be really cool. Well, I guess that wraps it up for today. We started our episode by defining **trends** and **fads**.
- Harp: Yup. And then we talked about some **fads** and **trends** that were popular when we were younger and in our teenage years.
- Andrew: And finally, we talked about some current **fads** and **trends**.
- Harp: Yup. And remember, it's not **a fad** or **a trend** to go see Culips. It's cool all the time.
- Andrew: All the time!
- Harp: So check it out, Culips.com. C-U-L-I-P-S.com.
- Andrew: Thanks for listening everybody. Bye bye.
- Harp: Bye.

Detailed Explanation

Dorky

Dorky is an adjective used to describe people or things that are uncool, unpopular, or unfashionable. In this episode, Harp says that she is excited for a **dorky** reason: she has a clean closet. Since this isn't really an interesting or cool reason to feel so enthusiastic, we can describe it as a **dorky** reason.

The noun form of this word, **a dork**, means a weird, uncool, or boring person. Kids sometimes use this word when they make fun of less-popular children at school. Bullies might pick on students who are unpopular and who are serious about studying by calling them **dorks**.

This word is not super offensive, but it should be used with some caution, since it could hurt someone's feelings. Referring to yourself as **a dork** or as **dorky** can be funny, as Harp demonstrates in this episode. However, if you call someone else **dorky**, they might be offended.

Here are a couple more examples with **dorky**:

Haley: What were you like when you were a kid?

Matthew: I was pretty **dorky**, actually.

Haley: I find that hard to believe!

Matthew: I was shy and liked to read books and play computer games. What about you?

Haley: I was the total opposite. I spent most of my time hanging out with friends and playing sports.

Alex: What did you do this weekend?

Michelle: I'm a bit embarrassed, because it's super **dorky**, but I went to the park to LARP.

Alex: What's LARP?

Michelle: It stands for *live action role play*. Pretty much a group of us gets together in the park, we dress up as fantasy characters, and we play a role-playing game. It may sound weird, but it's really fun!

Alex: Oh interesting. That sounds kinda cool, actually.

A fad and a trend

This episode is all about **fads** and **trends**. In it, Harp and Andrew talk about some memorable **fads** and **trends** from the past and some cool **trends** of today. But what is a **fad**? And what is a **trend**?

A **fad** is something that is very popular, but only for a short period of time. On the other hand, a **trend** is something that is popular or that is becoming popular but seems like it will stay around for a longer period of time than a **fad**. A **fad** quickly comes and goes but a **trend** has staying power and becomes more popular with time.

Harp and Andrew also talk about being **trendy**. When someone is **trendy**, they are fashionable and follow the current styles. Although both Andrew and Harp say they aren't **trendy**, Harp doesn't quite believe Andrew. In fact, she thinks that Andrew is actually a **trendy** person.

Here are a couple more examples with these expressions:

Tina: I'm thinking about getting a tattoo.

Frank: Are you sure that's a good idea? Aren't you worried you might regret it later?

Tina: No. Tattoos have been around long enough that I know they're not just a **fad**.

Frank: Well if you're sure it's something that you want, then I say go for it!

Lauren: You always look so hip and **trendy**. What's your secret?

Mallory: Oh, thanks! Well, I just try to keep up to date by reading magazines and fashion blogs so I know what all the latest **trends** are.

Lauren: Very cool. Keep it up. You look great.

Mallory: Thanks!

Hair metal

Hair metal is a style of rock music that was popular in the '80s and '90s. Bands from this genre include Mötley Crüe and Poison. The musicians in **hair metal** bands are famous for having wild, big hairstyles and wearing lots of makeup.

Hair metal bands helped influence the '80s fad of big hairstyles, which were popular for a few years. In this episode, Harp tells us that her cousin wore one of these big hairstyles and used lots of hairspray to style her bangs so that they stood straight up.

The big-hair fad that was inspired by **hair metal** bands died in the early '90s, when grunge rock became popular and suddenly made **hair metal** very uncool.

Pigtails



In this episode, Harp shares that instead of following the trend and having a big hair style in the 80s, she wore **pigtails**. **Pigtails** are a hairstyle where the hair is divided into two separate bunches, as shown in this image.

This expression has an interesting origin. In the 1700s, **pigtails** was the word used to describe a portion of chewing tobacco. After processing, the tobacco would twist at the end and the curly shape would resemble a pig's tail. Eventually, this expression gradually came to be applied to the hairstyle where two bunches of hair are divided equally, one on either side of the head.

Pigtails can be braided or not. This hairstyle is most commonly worn with a bunch on either side of the head.

Pogs

Pogs is a game that was very popular in North America in the '90s. The game originated in Hawaii and is played with small discs. Originally, the game was played with small pieces of cardboard that were found in the bottle caps of passion fruit, orange, and guava juice that was sold in Hawaii. From this juice, the acronym **POG** was formed and this name was eventually given to the game.

The **pogs** fad started in the early '90s, peaked in the mid-'90s, and was in decline by the late '90s. These days, it is not popular for kids in Canada to play **pogs**. In fact, it would be difficult to find a store that sells **pogs**.

In this episode, Andrew says that one memorable fad from his childhood was **pogs**. To play the game, all players contribute an equal number of **pogs**. Next, a tower is built with the **pogs** and all the discs are placed face down. The first player hits the tower with a special **pog** called a slammer. The slammer is heavier than an ordinary **pog**. When the discs scatter, the players determine which discs have flipped over and are now facing upright. The player who slammed the tower gets to keep the overturned **pogs**. The **pogs** that remain facing down are restacked for the next player.

Because **pogs** players risk, bet, and exchange **pogs** during play, many elementary schools in North America (including Andrew's) banned the game. Schools viewed the game **pogs** as a type of gambling. This ban probably contributed to the eventual death of the **pogs** fad.

Club Monaco

Club Monaco is a clothing store chain that originally started in Canada. Its first store opened in Toronto. Now it has 140 stores located throughout North America, Europe, Asia, and the Middle East.

In this episode, Harp recalls the **Club Monaco** sweatshirt fad of the '80s. For a short period of time, sweatshirts that featured the **Club Monaco** logo were very popular. They came in many different colours. Because **Club Monaco** is an expensive store, Harp tells us that she had to save up in order to buy one of these sweatshirts.

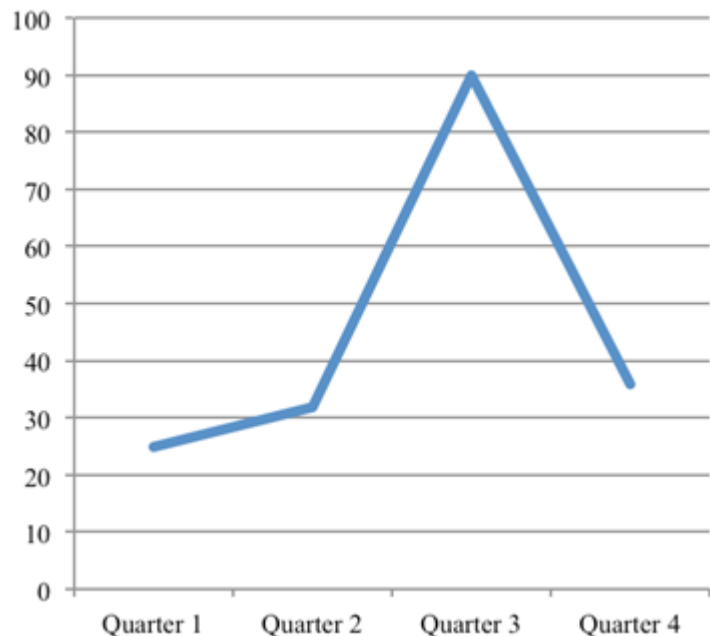


To spike

When something **spikes** in popularity, it rises to a high level of popularity. Usually, once something has **spiked** in popularity, it falls into obscurity or becomes unpopular shortly after.

We can also use the verb **to spike** to talk about a quick rise in the value or popularity of other objects, like stocks, prices, ratings, and rates.

In this episode, Andrew explains that a fad occurs when something **spikes** in popularity and is well known and widespread for a short period of time. Shortly after the **spike**, it quickly loses its appeal and becomes unpopular again.



On financial documents, a **spike** is represented in a chart like the one shown above.

Here are a couple more examples with **to spike**:

Brad: Do you have any plans for the summer?

Stephanie: Yeah! My friend and I are going to go on a big road trip across the USA.

Brad: Wow. That's awesome! When are you going?

Stephanie: Well, gas prices usually **spike** in July so we're going to wait until September when it'll be a little more affordable. We'll be gone for about a month.

Brad: That sounds great. I wish I could take a trip like that!

David: I have to get a new phone. Do you have any recommendations?

Kim: I've been using a Blackberry forever, but their popularity **spiked** a few years ago and no one uses them much anymore. Your best bet is to go with an Apple or Android phone, in my opinion.

David: Yeah, that's true. I don't see as many Blackberries as I used to. OK, I'll consider one of the other options. Thanks for your help!

Kim: No problem.

Slap bracelets

Another fad in the late '80s and early '90s was **slap bracelets** (sometimes also called snap bracelets or slap wrap). As Andrew and Harp mention in this episode, these bracelets were very popular among kids and teenagers. The bracelets are made out of a thin piece of metal that is covered with fabric. When the bracelet is slapped up against your wrist, it curls up to perfectly fit around your wrist. It can then be straightened out and re-snapped again and again.

Slap bracelets were sold in many different patterns and colours. Perhaps due to their low price, they became commonplace in schools across North America.



A beard

In this episode, Harp tells Andrew that he is trendy because he has **a beard**. **A beard** is the hair that men grow on their face. In the last 10 years, **beards** have become very popular among young men in North America. In the past, **beards** were sometimes considered to be dirty and unprofessional, but these days it is common for Canadian men to grow and sport **a beard** (especially during the winter months).

There are many interesting words that describe different styles of facial hair. Here are a few of them. A moustache is the hair that men grow under their nose, along their top lip. A goatee is **a beard** that only covers a man's chin, not his cheeks. Sideburns are the facial hair that continues a man's hairline from his ears partially down his cheeks. Stubble is the new hair that appears when a man doesn't shave his face for a couple of days. Stubble is usually rough and prickly.

Here's one more example with **a beard**:

Randy: Wow. Your **beard** is getting really big.

Thomas: Yeah, I know. It's getting out of control.

Randy: What does your girlfriend think about it?

Thomas: She likes it, actually.

Randy: Well, if I were you, I would keep growing it out then.

Thomas: No. I think it's time for a trim and style. I have to keep it neat and clean or else it's too difficult to manage.

Randy: Fair enough. I could never grow one. My girlfriend would kill me!

A lumberjack

Harp tells Andrew that he is trendy because in addition to having a beard, he is wearing a plaid shirt. It is popular for younger Canadian men to wear beards and plaid these days. This is known as the **lumberjack** look.

A lumberjack is a person who cuts down trees for a living. Because **lumberjacks** have to work outside in the cold, they grow beards and wear flannel shirts (often with a plaid pattern). So a person who has a beard and wears a plaid shirt can be said to sport the **lumberjack** look because they resemble **a lumberjack**.



The term **a lumberjack** is now somewhat out-dated when used to refer to someone who works in the forestry industry. More common terms these days are *a forester* or *a logger*.

A look

A look is a fashion or a style. In this episode, Andrew and Harp discuss different **looks** that have been trendy during their lifetimes. This includes the big hair **look** and the lumberjack **look**.

Each season, fashion designers release catalogues that show off their new clothing styles. These are called look books because they showcase all the new **looks** of the new fashion season.

Some of verbs that we can use with this expression are *to rock **a look*** (to proudly wear a stylish type of clothing) and *to sport **a look*** (to wear a certain style of clothing).

Some of the adjectives that can be used with this noun are *classic, new, latest, sophisticated, and hip*.

Here are a couple more examples with this expression:

Clayton: What were you like as a teenager?

Miguel: I was totally different than I am now.

Clayton: Oh yeah? How so?

Miguel: I was a punk and rocked the punk **look** 100% of the time.

Clayton: Really?

Miguel: Yeah. I had a pink mohawk and everything!

Clayton: I never would have guessed! That's hilarious.

Lee: I need to buy some new clothes for my new job. Any ideas about what I should buy?

Sandra: Well, I think you should go with a classic **look**. Something timeless that will never go out of style. Maybe a nice pair of pants and a sweater.

Lee: Yeah. I think that's a good idea. Hey, do you want to go shopping with me? I could use your help.

Sandra: Sure. Let's do it. I love shopping.

A gluten-free diet

A fad diet that is popular right now is **the gluten-free diet**. People who follow **the gluten-free diet** do not eat food products that contain gluten. Gluten is found in wheat, which means that foods like bread, pasta, cookies, cakes, and tortillas must be avoided. Even drinks like beer contain gluten and can't be consumed.

People who have diseases like Coeliac disease or diabetes can't eat gluten. However, people who do not have these diseases have also started to follow **the gluten-free fad diet**. This has led to an increase in the number of products available at the grocery store that are free of gluten products.

Some people find **the gluten-free diet** to be annoying because it makes it difficult to have dinner parties or cook for people who are following the diet. However, many people who are now **gluten free** say that they feel very healthy and ultimately this is a good thing.

Here's one more example with **a gluten-free diet**:

Wallace: What are you up to tonight? Want to grab a bite to eat?

Dennis: Sure. What were you thinking?

Wallace: There's a nice-looking Italian restaurant that just opened up downtown. Want to try it?

Dennis: Actually, I'm on **the gluten-free diet** right now. Want to grab sushi instead?

Wallace: Yeah, no problem. I'm down for sushi. Meet at 7:00?

Dennis: Perfect.

YOLO

The slang expression **YOLO** is an abbreviation of **you only live once**. As Andrew explains in this episode, it was made popular by the rapper Drake. Essentially, it is a newer, cooler way to say *carpe diem* or seize the day.

YOLO went viral and was used by young people very often from 2011 to 2013. These days, it seems that the expression has peaked in popularity and is not used very much anymore.

The expression **YOLO** is said whenever someone wants to appreciate life or justify taking a risk. The thinking is that since you only live one life, you should appreciate it and live life to the fullest by experiencing as many things as possible before you die.

Here's one more example with **YOLO**:

Harriet: I'm going on a road trip to Chicago this summer. Wanna come along?

Ruth: How are you going to do that? You don't have a car.

Harriet: Yeah, I know. I'm going to hitchhike.

Ruth: That's a stupid plan. Do you know how dangerous that is? You could end up dead.

Harriet: You worry too much.

Ruth: I'm telling you now. You're going to regret this.

Harriet: No way, dude. **YOLO**. It's gonna be so fun! If you change your mind, let me know. It'll be a once-in-a-lifetime experience.

Quiz

1. Why was Harp so excited?

- a) Her sister came for a visit.
- b) She went skiing.
- c) Her closet is clean.
- d) She got a promotion at work.

2. Which of the following would a dork be interested in?

- a) computer games
- b) sports
- c) cars
- d) fashion

3. Where was the game pogs invented?

- a) Poland
- b) Cuba
- c) England
- d) Hawaii

4. How many bunches of hair are in a pigtails hairstyle?

- a) 1
- b) 2
- c) 3
- d) 4

5. What happens after something spikes in popularity?

- a) It becomes more popular.
- b) It quickly becomes unpopular.
- c) Nothing changes.
- d) It slowly becomes unpopular.

6. Which of the following foods can a person on a gluten-free diet eat?

- a) cookies
- b) pasta
- c) bread
- d) rice

7. Which of the following adjectives can describe a look?
- a) clever
 - b) passionate
 - c) timeless
 - d) lengthy
8. Which of the following fads did Harp and Andrew NOT discuss in this episode?
- a) boy bands
 - b) pogs
 - c) Club Monaco sweatshirts
 - d) gluten-free diets
9. What does the acronym *YOLO* stand for?
- a) you obviously lack originality
 - b) you only live once
 - c) young otters like oysters
 - d) young, original, lovely, open

Answers:

1.c 2.a 3.d 4.b 5.b 6.d 7.c 8.a 9.b