**Instructions**

Determine if a word or phrase is an isogram.

An isogram (also known as a "non-pattern word") is a word or phrase without a repeating letter, however spaces and hyphens are allowed to appear multiple times.

Examples of isograms:

* lumberjacks
* background
* downstream
* six-year-old

The word *isograms*, however, is not an isogram, because the s repeats.