

LARS EIGHNER

On Dumpster Diving

*Born in Texas in 1948, Lars Eighner became famous with the publication of his memoir *Travels with Lizbeth: Three Years on the Road and on the Streets* (1993). The memoir of his (and his dog's) homelessness, *Travels with Lizbeth*, was a great success but was not enough to keep Eighner and Lizbeth off the streets. Eventually with the support of friends, new housing was found for them, but Lizbeth died in 1998. Eighner continues to write fiction, essays, and erotica and has a new dog named Wilma.*

*"On Dumpster Diving" is the essay that led to the writing of what was to become the rest of *Travels with Lizbeth*. In it Eighner explains one aspect of his life during the three hard years that are the subject of his memoir—the process of feeding himself from the refuse of others. The clear-eyed way in which he describes this process and the manner in which he situates it in the larger culture make this essay worthy of careful reading.*

Long before I began Dumpster diving I was impressed with Dumpsters, enough so that I wrote the Merriam-Webster research service to discover what I could about the word "Dumpster." I learned from them that "Dumpster" is a proprietary word belonging to the Dempster Dumpster company.

Since then I have dutifully capitalized the word although it was lowercased in almost all of the citations Merriam-Webster photocopied for me. Dempster's word is too apt. I have never heard these things called anything but Dumpsters. I do not know anyone who knows the generic name for these objects. From time to time, however, I hear a wino or hobo give some corrupted credit to the original and call them Dipsy Dumpsters.

I began Dumpster diving about a year before I became homeless.

I prefer the term "scavenging" and use the word "scrounging" when I mean to be obscure. I have heard people, evidently meaning to be polite, using the word "foraging," but I prefer to reserve that

word for gathering nuts and berries and such which I do also according to the season and the opportunity. "Dumpster diving" seems to me to be a little too cute and, in my case, inaccurate because I lack the athletic ability to lower myself into the Dumpsters as the true divers do, much to their increased profit.

I like the frankness of the word "scavenging," which I can hardly think of without picturing a big black snail on an aquarium wall. I live from the refuse of others. I am a scavenger. I think it a sound and honorable niche, although if I could I would naturally prefer to live the comfortable consumer life, perhaps—and only perhaps—as a slightly less wasteful consumer owing to what I have learned as a scavenger.

While my dog Lizbeth and I were still living in the house on Avenue B in Austin, as my savings ran out, I put almost all my sporadic income into rent. The necessities of daily life I began to extract from Dumpsters. Yes, we ate from Dumpsters. Except for jeans, all my clothes came from Dumpsters. Boom boxes, candles, bedding, toilet paper, medicine, books, a typewriter, a virgin male love doll, change sometimes amounting to many dollars: I acquired many things from the Dumpsters.

I have learned much as a scavenger. I mean to put some of what I have learned down here, beginning with the practical art of Dumpster diving and proceeding to the abstract.

What is safe to eat?

After all, the finding of objects is becoming something of an urban art. Even respectable employed people will sometimes find something tempting sticking out of a Dumpster or standing beside one. Quite a number of people, not all of them of the bohemian type, are willing to brag that they found this or that piece in the trash. But eating from Dumpsters is the thing that separates the dilettanti from the professionals.

Eating safely from the Dumpsters involves three principles: 10 using the senses and common sense to evaluate the condition of the found materials, knowing the Dumpsters of a given area and checking them regularly, and seeking always to answer the question "Why was this discarded?"

Perhaps everyone who has a kitchen and a regular supply of groceries has, at one time or another, made a sandwich and eaten half of it before discovering mold on the bread or got a mouthful of milk before realizing the milk had turned. Nothing of the sort

is likely to happen to a Dumpster diver because he is constantly reminded that most food is discarded for a reason. Yet a lot of perfectly good food can be found in Dumpsters.

Canned goods, for example, turn up fairly often in the Dumpsters I frequent. All except the most phobic people would be willing to eat from a can even if it came from a Dumpster. Canned goods are among the safest of foods to be found in Dumpsters, but are not utterly foolproof.

Although very rare with modern canning methods, botulism is a possibility. Most other forms of food poisoning seldom do lasting harm to a healthy person. But botulism is almost certainly fatal and often the first symptom is death. Except for carbonated beverages, all canned goods should contain a slight vacuum and suck air when first punctured. Bulging, rusty, dented cans and cans that spew when punctured should be avoided, especially when the contents are not very acidic or syrupy.

Heat can break down the botulin, but this requires much more cooking than most people do to canned goods. To the extent that botulism occurs at all, of course, it can occur in cans on pantry shelves as well as in cans from Dumpsters. Need I say that home-canned goods found in Dumpsters are simply too risky to be recommended.

From time to time one of my companions, aware of the source ¹⁵ of my provisions, will ask, "Do you think these crackers are really safe to eat?" For some reason it is most often the crackers they ask about.

This question always makes me angry. Of course I would not offer my companion anything I had doubts about. But more than that I wonder why he cannot evaluate the condition of the crackers for himself. I have no special knowledge and I have been wrong before. Since he knows where the food comes from, it seems to me he ought to assume some of the responsibility for deciding what he will put in his mouth.

For myself I have few qualms about dry foods such as crackers, cookies, cereal, chips, and pasta if they are free of visible contaminants and still dry and crisp. Most often such things are found in the original packaging, which is not so much a positive sign as it is the absence of a negative one.

Raw fruits and vegetables with intact skins seem perfectly safe to me, excluding of course the obviously rotten. Many are discarded

for minor imperfections which can be pared away. Leafy vegetables, grapes, cauliflower, broccoli, and similar things may be contaminated by liquids and may be impractical to wash.

Candy, especially hard candy, is usually safe if it has not drawn ants. Chocolate is often discarded only because it has become discolored as the cocoa butter de-emulsified. Candying after all is one method of food preservation because pathogens do not like very sugary substances.

All of these foods might be found in any Dumpster and can be evaluated with some confidence largely on the basis of appearance. Beyond these are foods which cannot be correctly evaluated without additional information. 20

I began scavenging by pulling pizzas out of the Dumpster behind a pizza delivery shop. In general prepared food requires caution, but in this case I knew when the shop closed and went to the Dumpster as soon as the last of the help left.

Such shops often get prank orders, called "bogus." Because help seldom stays long at these places pizzas are often made with the wrong topping, refused on delivery for being cold, or baked incorrectly. The products to be discarded are boxed up because inventory is kept by counting boxes: a boxed pizza can be written off; an unboxed pizza does not exist.

I never placed a bogus order to increase the supply of pizzas and I believe no one else was scavenging in this Dumpster. But the people in the shop became suspicious and began to retain their garbage in the shop overnight.

While it lasted I had a steady supply of fresh, sometimes warm pizza. Because I knew the Dumpster I knew the source of the pizza, and because I visited the Dumpster regularly I knew what was fresh and what was yesterday's.

The area I frequent is inhabited by many affluent college students. I am not here by chance; the Dumpsters in this area are very rich. Students throw out many good things, including food. In particular they tend to throw everything out when they move at the end of a semester, before and after breaks, and around midterm when many of them despair of college. So I find it advantageous to keep an eye on the academic calendar. 25

The students throw food away around the breaks because they do not know whether it has spoiled or will spoil before they return. A typical discard is a half jar of peanut butter. In fact nonorganic

peanut butter does not require refrigeration and is unlikely to spoil in any reasonable time. The student does not know that, and since it is Daddy's money, the student decides not to take a chance.

Opened containers require caution and some attention to the question "Why was this discarded?" But in the case of discards from student apartments, the answer may be that the item was discarded through carelessness, ignorance, or wastefulness. This can sometimes be deduced when the item is found with many others, including some that are obviously perfectly good.

Some students, and others, approach defrosting a freezer by chucking out the whole lot. Not only do the circumstances of such a find tell the story, but also the mass of frozen goods stays cold for a long time and items may be found still frozen or freshly thawed.

Yogurt, cheese, and sour cream are items that are often thrown out while they are still good. Occasionally I find a cheese with a spot of mold, which of course I just pare off, and because it is obvious why such a cheese was discarded, I treat it with less suspicion than an apparently perfect cheese found in similar circumstances. Yogurt is often discarded, still sealed, only because the expiration date on the carton had passed. This is one of my favorite finds because yogurt will keep for several days, even in warm weather.

Students throw out canned goods and staples at the end of 30 semesters and when they give up college at midterm. Drugs, pornography, spirits, and the like are often discarded when parents are expected—Dad's day, for example. And spirits also turn up after big party weekends, presumably discarded by the newly reformed. Wine and spirits, of course, keep perfectly well even once opened.

My test for carbonated soft drinks is whether they still fizz vigorously. Many juices or other beverages are too acid or too syrupy to cause much concern provided they are not visibly contaminated. Liquids, however, require some care.

One hot day I found a large jug of Pat O'Brien's Hurricane mix. The jug had been opened, but it was still ice cold. I drank three large glasses before it became apparent to me that someone had added the rum to the mix, and not a little rum. I never tasted the rum and by the time I began to feel the effects I had already ingested a very large quantity of the beverage. Some divers would

have considered this a boon, but being suddenly and thoroughly intoxicated in a public place in the early afternoon is not my idea of a good time.

I have heard of people maliciously contaminating discarded food and even handouts, but mostly I have heard of this from people with vivid imaginations who have had no experience with the Dumpsters themselves. Just before the pizza shop stopped discarding its garbage at night, jalapeños began showing up on most of the discarded pizzas. If indeed this was meant to discourage me it was a wasted effort because I am native Texan.

For myself, I avoid game, poultry, pork, and egg-based foods whether I find them raw or cooked. I seldom have the means to cook what I find, but when I do I avail myself of plentiful supplies of beef which is often in very good condition. I suppose fish becomes disagreeable before it becomes dangerous. The dog is happy to have any such thing that is past its prime and, in fact, does not recognize fish as food until it is quite strong.

Home leftovers, as opposed to surpluses from restaurants, are 35 very often bad. Evidently, especially among students, there is a common type of personality that carefully wraps up even the smallest leftover and shoves it into the back of the refrigerator for six months or so before discarding it. Characteristic of this type are the reused jars and margarine tubs which house the remains.

I avoid ethnic foods I am unfamiliar with. If I do not know what it is supposed to look like when it is good, I cannot be certain I will be able to tell if it is bad.

No matter how careful I am I still get dysentery at least once a month, oftener in warm weather. I do not want to paint too romantic a picture. Dumpster diving has serious drawbacks as a way of life.

I learned to scavenge gradually, on my own. Since then I have initiated several companions into the trade. I have learned that there is a predictable series of stages a person goes through in learning to scavenge.

At first the new scavenger is filled with disgust and self-loathing. He is ashamed of being seen and may lurk around, trying to duck behind things, or he may try to dive at night.

(In fact, most people instinctively look away from a scavenger. 40 By skulking around, the novice calls attention to himself and

arouses suspicion. Diving at night is ineffective and needlessly messy.)

Every grain of rice seems to be a maggot. Everything seems to stink. He can wipe the egg yolk off the found can, but he cannot erase the stigma of eating garbage out of his mind.

That stage passes with experience. The scavenger finds a pair of running shoes that fit and look and smell brand new. He finds a pocket calculator in perfect working order. He finds pristine ice cream, still frozen, more than he can eat or keep. He begins to understand: people do throw away perfectly good stuff, a lot of perfectly good stuff.

At this stage, Dumpster shyness begins to dissipate. The diver, after all, has the last laugh. He is finding all manner of good things which are his for the taking. Those who disparage his profession are the fools, not he.

He may begin to hang onto some perfectly good things for which he has neither a use nor a market. Then he begins to take note of the things which are not perfectly good but are nearly so. He mates a Walkman with broken earphones and one that is missing a battery cover. He picks up things which he can repair.

At this stage he may become lost and never recover. Dumpsters 45 are full of things of some potential value to someone and also of things which never have much intrinsic value but are interesting. All the Dumpster divers I have known come to the point of trying to acquire everything they touch. Why not take it, they reason, since it is all free.

This is, of course, hopeless. Most divers come to realize that they must restrict themselves to items of relatively immediate utility. But in some cases the diver simply cannot control himself. I have met several of these pack-rat types. Their ideas of the values of various pieces of junk verge on the psychotic. Every bit of glass may be a diamond, they think, and all that glistens, gold.

I tend to gain weight when I am scavenging. Partly this is because I always find far more pizza and doughnuts than water-packed tuna, nonfat yogurt, and fresh vegetables. Also I have not developed much faith in the reliability of Dumpsters as a food source, although it has been proven to me many times. I tend to eat as if I have no idea where my next meal is coming from. But mostly I just hate to see food go to waste and so I eat much more than I should. Something like this drives the obsession to collect junk.

As for collecting objects, I usually restrict myself to collecting one kind of small object at a time, such as pocket calculators, sunglasses, or campaign buttons. To live on the street I must anticipate my needs to a certain extent: I must pick up and save warm bedding I find in August because it will not be found in Dumpsters in November. But even if I had a home with extensive storage space I could not save everything that might be valuable in some contingency.

I have proprietary feelings about my Dumpsters. As I have suggested, it is no accident that I scavenge from Dumpsters where good finds are common. But my limited experience with Dumpsters in other areas suggests to me that it is the population of competitors rather than the affluence of the dumpers that most affects the feasibility of survival by scavenging. The large number of competitors is what puts me off the idea of trying to scavenge in places like Los Angeles.

Curiously, I do not mind my direct competition, other scavengers, so much as I hate the can scroungers. 50

People scrounge cans because they have to have a little cash. I have tried scrounging cans with an able-bodied companion. Afoot a can scrounger simply cannot make more than a few dollars a day. One can extract the necessities of life from the Dumpsters directly with far less effort than would be required to accumulate the equivalent value in cans.

Can scroungers, then, are people who *must* have small amounts of cash. These are drug addicts and winos, mostly the latter because the amounts of cash are so small.

Spirits and drugs do, like all other commodities, turn up in Dumpsters and the scavenger will from time to time have a half bottle of a rather good wine with his dinner. But the wino cannot survive on these occasional finds; he must have his daily dose to stave off the DTs. All the cans he can carry will buy about three bottles of Wild Irish Rose.

I do not begrudge them the cans, but can scroungers tend to tear up the Dumpsters, mixing the contents and littering the area. They become so specialized that they can see only cans. They earn my contempt by passing up change, canned goods, and readily hockable items.

There are precious few courtesies among scavengers. But it is a common practice to set aside surplus items: pairs of shoes, 55

nothing, canned goods, and such. A true scavenger hates to see good stuff go to waste and what he cannot use he leaves in good condition in plain sight.

Can scroungers lay waste to everything in their path and will stir one of a pair of good shoes to the bottom of a Dumpster, to be lost or ruined in the muck. Can scroungers will even go through individual garbage cans, something I have never seen a scavenger do.

Individual garbage cans are set out on the public easement only on garbage days. On other days going through them requires trespassing close to a dwelling. Going through individual garbage cans without scattering litter is almost impossible. Litter is likely to reduce the public's tolerance of scavenging. Individual garbage cans are simply not as productive as Dumpsters; people in houses and duplexes do not move as often and for some reason do not tend to discard as much useful material. Moreover, the time required to go through one garbage can that serves one household is not much less than the time required to go through a Dumpster that contains the refuse of twenty apartments.

But my strongest reservation about going through individual garbage cans is that this seems to me a very personal kind of invasion to which I would object if I were a householder. Although many things in Dumpsters are obviously meant never to come to light, a Dumpster is somehow less personal.

I avoid trying to draw conclusions about the people who dump in the Dumpsters I frequent. I think it would be unethical to do so, although I know many people will find the idea of scavenger ethics too funny for words.

Dumpsters contain bank statements, bills, correspondence, and other documents, just as anyone might expect. But there are also less obvious sources of information. Pill bottles, for example. The labels on pill bottles contain the name of the patient, the name of the doctor, and the name of the drug. AIDS drugs and antipsychotic medicines, to name but two groups, are specific and are seldom prescribed for any other disorders. The plastic compacts for birth control pills usually have complete label information.

Despite all of this sensitive information, I have had only one apartment resident object to my going through the Dumpster. In

that case it turned out the resident was a university athlete who was taking bets and who was afraid I would turn up his wager slips.

Occasionally a find tells a story. I once found a small paper bag containing some unused condoms, several partial tubes of flavored sexual lubricant, a partially used compact of birth control pills, and the torn pieces of a picture of a young man. Clearly she was through with him and planning to give up sex altogether.

Dumpster things are often sad—abandoned teddy bears, shredded wedding books, despaired-of sales kits. I find many pets lying in state in Dumpsters. Although I hope to get off the streets so that Lizbeth can have a long and comfortable old age, I know this hope is not very realistic. So I suppose when her time comes she too will go into a Dumpster. I will have no better place for her. And after all, for most of her life her livelihood has come from the Dumpster. When she finds something I think is safe that has been spilled from the Dumpster I let her have it. She already knows the route around the best Dumpsters. I like to think that if she survives me she will have a chance of evading the dog catcher and of finding her sustenance on the route.

Silly vanities also come to rest in the Dumpsters. I am a rather accomplished needleworker. I get a lot of materials from the Dumpsters. Evidently sorority girls, hoping to impress someone, perhaps themselves, with their mastery of a womanly art, buy a lot of embroider-by-number kits, work a few stitches horribly, and eventually discard the whole mess. I pull out their stitches, turn the canvas over, and work an original design. Do not think I refrain from chuckling as I make original gifts from these kits.

I find diaries and journals. I have often thought of compiling a book of literary found objects. And perhaps I will one day. But what I find is hopelessly commonplace and bad without being, even unconsciously, camp. College students also discard their papers. I am horrified to discover the kind of paper which now merits an A in an undergraduate course. I am grateful, however, for the number of good books and magazines the students throw out.

In the area I know best I have never discovered vermin in the Dumpsters, but there are two kinds of kitty surprise. One is alley cats which I meet as they leap, claws first, out of Dumpsters. This is especially thrilling when I have Lizbeth in tow. The other kind

of kitty surprise is a plastic garbage bag filled with some ponderous, amorphous mass. This always proves to be used cat litter.

City bees harvest doughnut glaze and this makes the Dumpster at the doughnut shop more interesting. My faith in the instinctive wisdom of animals is always shaken whenever I see Lizbeth attempt to catch a bee in her mouth, which she does whenever bees are present. Evidently some birds find Dumpsters profitable, for birdie surprise is almost as common as kitty surprise of the first kind. In hunting season all kinds of small game turn up in Dumpsters, some of it, sadly, not entirely dead. Curiously, summer and winter, maggots are uncommon.

The worst of the living and near-living hazards of the Dumpsters are the fire ants. The food that they claim is not much of a loss, but they are vicious and aggressive. It is very easy to brush against some surface of the Dumpster and pick up half a dozen or more fire ants, usually in some sensitive area such as the underarm. One advantage of bringing Lizbeth along as I make Dumpster rounds is that, for obvious reasons, she is very alert to ground-based fire ants. When Lizbeth recognizes the signs of fire ant infestation around our feet she does the Dance of the Zillion Fire Ants. I have learned not to ignore this warning from Lizbeth, whether I perceive the tiny ants or not, but to remove ourselves at Lizbeth's first *pas de bourrée*.¹ All the more so because the ants are the worst in the months I wear flip-flops, if I have them.

(Perhaps someone will misunderstand the above. Lizbeth does the Dance of the Zillion Fire Ants when she recognizes more fire ants than she cares to eat, not when she is being bitten. Since I have learned to react promptly, she does not get bitten at all. It is the isolated patrol of fire ants that falls in Lizbeth's range that deserves pity. Lizbeth finds them quite tasty.)

By far the best way to go through a Dumpster is to lower yourself into it. Most of the good stuff tends to settle at the bottom because it is usually weightier than the rubbish. My more athletic companions have often demonstrated to me that they can extract much good material from a Dumpster I have already been over. 70

To those psychologically or physically unprepared to enter a Dumpster, I recommend a stout stick, preferably with some barb or hook at one end. The hook can be used to grab plastic garbage

1. *pas de bourrée*: A ballet step (French). [Ed.]

bags. When I find canned goods or other objects loose at the bottom of a Dumpster I usually can roll them into a small bag that I can then hoist up. Much Dumpster diving is a matter of experience for which nothing will do except practice.

Dumpster diving is outdoor work, often surprisingly pleasant. It is not entirely predictable; things of interest turn up every day and some days there are finds of great value. I am always very pleased when I can turn up exactly the thing I most wanted to find. Yet in spite of the element of chance, scavenging more than most other pursuits tends to yield returns in some proportion to the effort and intelligence brought to bear. It is very sweet to turn up a few dollars in change from a Dumpster that has just been gone over by a wino.

The land is now covered with cities. The cities are full of Dumpsters. I think of scavenging as a modern form of self-reliance. In any event, after ten years of government service, where everything is geared to the lowest common denominator, I find work that rewards initiative and effort refreshing. Certainly I would be happy to have a sinecure again, but I am not heartbroken not to have one anymore.

I find from the experience of scavenging two rather deep lessons. The first is to take what I can use and let the rest go by. I have come to think that there is no value in the abstract. A thing I cannot use or make useful, perhaps by trading, has no value however fine or rare it may be. I mean useful in a broad sense—so, for example, some art I would think useful and valuable, but other art might be otherwise for me.

I was shocked to realize that some things are not worth acquiring, but now I think it is so. Some material things are white elephants that eat up the possessor's substance. 75

The second lesson is of the transience of material being. This has not quite converted me to a dualist, but it has made some headway in that direction. I do not suppose that ideas are immortal, but certainly mental things are longer-lived than other material things.

Once I was the sort of person who invests material objects with sentimental value. Now I no longer have those things, but I have the sentiments yet.

Many times in my travels I have lost everything but the clothes I was wearing and Lizbeth. The things I find in Dumpsters, the

love letters and ragdolls of so many lives, remind me of this lesson. Now I hardly pick up a thing without envisioning the time I will cast it away. This I think is a healthy state of mind. Almost everything I have now has already been cast out at least once, proving that what I own is valueless to someone.

Anyway, I find my desire to grab for the gaudy bauble has been largely sated. I think this is an attitude I share with the very wealthy—we both know there is plenty more where what we have came from. Between us are the rat-race millions who have confounded their selves with the objects they grasp and who nightly scavenge the cable channels looking for they know not what.

I am sorry for them.

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For Discussion and Writing

1. Eighner is careful to offer definitions of the key terms he uses. List those key terms and their definitions.
2. Summarize Eighner's analysis of the practical stages through which a beginning Dumpster diver goes. What does his analysis tell us about the larger experience of having to scavenge for food? What does his writing style tell you about his views on his way of life?
3. **connections** Read William F. Buckley Jr.'s "Why Don't We Complain?" (p. 72) alongside Eighner's essay. Compare the two essayists' attitudes about their daily lives. Compare their lives, using the evidence presented in their essays. Who sees his life as more difficult? Who complains more? What do you make of the differences between their lives and their attitudes toward them?
4. How does reading Eighner make you feel about your own material values? How do you relate to Dumpster diving and to what he calls the "grab for the gaudy bauble" (par. 79)?
5. **looking further** "On Dumpster Diving" is a classic example of the rhetorical mode known as process analysis. Eighner takes readers through all of the things involved in Dumpster diving, sharing descriptive details and step-by-step accounts. Rarely does he step back and talk about what living in this way has taught him about how the larger world works. Do you think his close attention to the process of Dumpster diving helps him make a larger argument about how the world is or should be, or do you think it obscures any larger point he might want to press? Further, do you think his attention to the process is less effective as an exposé because it makes something that could be seen as the degrading result of larger forces seem more acceptable?