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How to get CDs out of your life:

1. Put them in a microwave and watch the light show.
2. CDs make excellent frisbees.
3. Vigilant Medical lets you transmit images online.



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Disc Instructions

1. CDs make excellent frisbees
2. Put CD in a microwave and watch the light show
3. Visit vigilantmedical.net to sign up for a free online image sharing trial