Dealing with Date and Time

Sinatra offers a time_for helper method that generates a Time object from the given value. It is also able to convert DateTime, Date and similar classes:

```
get '/' do
  pass if Time.now > time_for('Dec 23, 2012')
  "still time"
end
```

This method is used internally by expires, last_modified and akin. You can therefore easily extend the behavior of those methods by overriding time_for in your application:

```
helpers do

def time_for(value)

case value

when :yesterday then Time.now - 24*60*60

when :tomorrow then Time.now + 24*60*60

else super

end

end

end

get '/' do

last_modified :yesterday

expires :tomorrow

"hello"

end
```