Reference code for Date and Time API in java
Java Local Date-Time API

```java
import java.time.LocalDate;
import java.time.LocalTime;
import java.time.LocalDateTime;
import java.time.Month;

public class Java8Tester {
   public static void main(String args[]) {
      Java8Tester java8tester = new Java8Tester();
      java8tester.testLocalDateTime();
   }

   public void testLocalDateTime() {
      // Get the current date and time
      LocalDateTime currentTime = LocalDateTime.now();
      System.out.println("Current DateTime: " + currentTime); // holds the entire time string (both data and time)

      LocalDate date1 = currentTime.toLocalDate();  // to extract date out of time string
      System.out.println("date1: " + date1);

      Month month = currentTime.getMonth();  // to extract month out of time string
      int day = currentTime.getDayOfMonth();  // to extract day of month out of time string
      int seconds = currentTime.getSecond();  // to extract exact seconds out of time string

      System.out.println("Month: " + month +"day: " + day +"seconds: " + seconds);

      LocalDateTime date2 = currentTime.withDayOfMonth(10).withYear(2012);
      System.out.println("date2: " + date2); // date2: 2012-12-10T11:00:45.457

      //12 december 2014
      LocalDate date3 = LocalDate.of(2014, Month.DECEMBER, 12);
      System.out.println("date3: " + date3); // date3: 2014-12-12


      //22 hour 15 minutes
      LocalTime date4 = LocalTime.of(22, 15);
      System.out.println("date4: " + date4); //date4: 22:15


      //parse a string
      LocalTime date5 = LocalTime.parse("20:15:30");
      System.out.println("date5: " + date5); // date5: 20:15:30

   }
}
```