*** Macro to stamp full English Date and time by pressing ctrl-d ***

\d   @CHOOSE(@MONTH(@NOW)-1,
                                            "January","February","March",
                                            "April","May","June","July",
                                            "August","September","October",
                                            "November","December")
                                            &" "&@STRING(@DAY(@NOW),0)&
                                            ", 19"&
                                            @STRING(@YEAR(@NOW),0)~
                                            {DOWN}
                                            @NOW~
                                            /RFDT2~

*** These two macros enter formula to diplay the day ***
*** of the week for dates to the left (alt-I) orabove (alt-U) ***

\l   @CHOOSE(@MOD({LEFT},7),
                                            "Saturday","Sunday","Monday",
                                            "Tuesday","Wednesday","Thursday",
                                            "Friday")~

\u   @CHOOSE(@MOD({UP},7),
                                            "Saturday","Sunday","Monday",
                                            "Tuesday","Wednesday","Thursday",
                                            "Friday")~

*** Calculates Month

*** Adds Day
*** Adds Year

*** Move down a cell
*** Enter @NOW function
*** Format to Time-2