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|  | January 2025 |
| Helena, Oklahoma, United States |
| Sunday  | Monday  | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday  |
|   |   |   | 1  | 2  | 3  | 4  |
|     |     |     | Sunrise: 7:45 AM Sunset: 5:27 PM Daylight: 9 hours and 42 minutes.  | Sunrise: 7:45 AM Sunset: 5:28 PM Daylight: 9 hours and 43 minutes.  | Sunrise: 7:45 AM Sunset: 5:29 PM Daylight: 9 hours and 44 minutes.  | Sunrise: 7:45 AM Sunset: 5:30 PM Daylight: 9 hours and 44 minutes.  |
| 5  | 6  | 7  | 8  | 9  | 10  | 11  |
| Sunrise: 7:45 AM Sunset: 5:31 PM Daylight: 9 hours and 45 minutes.  | Sunrise: 7:45 AM Sunset: 5:32 PM Daylight: 9 hours and 46 minutes.  | Sunrise: 7:45 AM Sunset: 5:32 PM Daylight: 9 hours and 47 minutes.  | Sunrise: 7:45 AM Sunset: 5:33 PM Daylight: 9 hours and 48 minutes.  | Sunrise: 7:45 AM Sunset: 5:34 PM Daylight: 9 hours and 49 minutes.  | Sunrise: 7:45 AM Sunset: 5:35 PM Daylight: 9 hours and 50 minutes.  | Sunrise: 7:45 AM Sunset: 5:36 PM Daylight: 9 hours and 51 minutes.  |
| 12  | 13  | 14  | 15  | 16  | 17  | 18  |
| Sunrise: 7:45 AM Sunset: 5:37 PM Daylight: 9 hours and 52 minutes.  | Sunrise: 7:44 AM Sunset: 5:38 PM Daylight: 9 hours and 53 minutes.  | Sunrise: 7:44 AM Sunset: 5:39 PM Daylight: 9 hours and 54 minutes.  | Sunrise: 7:44 AM Sunset: 5:40 PM Daylight: 9 hours and 56 minutes.  | Sunrise: 7:43 AM Sunset: 5:41 PM Daylight: 9 hours and 57 minutes.  | Sunrise: 7:43 AM Sunset: 5:42 PM Daylight: 9 hours and 58 minutes.  | Sunrise: 7:43 AM Sunset: 5:43 PM Daylight: 10 hours and 0 minutes.  |
| 19  | 20  | 21  | 22  | 23  | 24  | 25  |
| Sunrise: 7:42 AM Sunset: 5:44 PM Daylight: 10 hours and 1 minute.  | Sunrise: 7:42 AM Sunset: 5:45 PM Daylight: 10 hours and 3 minutes.  | Sunrise: 7:41 AM Sunset: 5:46 PM Daylight: 10 hours and 4 minutes.  | Sunrise: 7:41 AM Sunset: 5:47 PM Daylight: 10 hours and 6 minutes.  | Sunrise: 7:40 AM Sunset: 5:48 PM Daylight: 10 hours and 7 minutes.  | Sunrise: 7:40 AM Sunset: 5:49 PM Daylight: 10 hours and 9 minutes.  | Sunrise: 7:39 AM Sunset: 5:50 PM Daylight: 10 hours and 11 minutes.  |
| 26  | 27  | 28  | 29  | 30  | 31  |   |
| Sunrise: 7:39 AM Sunset: 5:51 PM Daylight: 10 hours and 12 minutes.  | Sunrise: 7:38 AM Sunset: 5:53 PM Daylight: 10 hours and 14 minutes.  | Sunrise: 7:37 AM Sunset: 5:54 PM Daylight: 10 hours and 16 minutes.  | Sunrise: 7:37 AM Sunset: 5:55 PM Daylight: 10 hours and 18 minutes.  | Sunrise: 7:36 AM Sunset: 5:56 PM Daylight: 10 hours and 19 minutes.  | Sunrise: 7:35 AM Sunset: 5:57 PM Daylight: 10 hours and 21 minutes.  |     |