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|  | March 2025 |
| Helena, Arkansas, United States |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  |  | 1 |
|  |  |  |  |  |  | Sunrise: 6:31 AMSunset: 5:57 PMDaylight: 11 hours and 26 minutes. |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| Sunrise: 6:30 AMSunset: 5:58 PMDaylight: 11 hours and 28 minutes. | Sunrise: 6:29 AMSunset: 5:59 PMDaylight: 11 hours and 30 minutes. | Sunrise: 6:27 AMSunset: 6:00 PMDaylight: 11 hours and 32 minutes. | Sunrise: 6:26 AMSunset: 6:01 PMDaylight: 11 hours and 34 minutes. | Sunrise: 6:25 AMSunset: 6:02 PMDaylight: 11 hours and 36 minutes. | Sunrise: 6:23 AMSunset: 6:02 PMDaylight: 11 hours and 39 minutes. | Sunrise: 6:22 AMSunset: 6:03 PMDaylight: 11 hours and 41 minutes. |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Sunrise: 7:21 AMSunset: 7:04 PMDaylight: 11 hours and 43 minutes. | Sunrise: 7:19 AMSunset: 7:05 PMDaylight: 11 hours and 45 minutes. | Sunrise: 7:18 AMSunset: 7:06 PMDaylight: 11 hours and 47 minutes. | Sunrise: 7:17 AMSunset: 7:07 PMDaylight: 11 hours and 49 minutes. | Sunrise: 7:15 AMSunset: 7:07 PMDaylight: 11 hours and 52 minutes. | Sunrise: 7:14 AMSunset: 7:08 PMDaylight: 11 hours and 54 minutes. | Sunrise: 7:13 AMSunset: 7:09 PMDaylight: 11 hours and 56 minutes. |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| Sunrise: 7:11 AMSunset: 7:10 PMDaylight: 11 hours and 58 minutes. | Sunrise: 7:10 AMSunset: 7:11 PMDaylight: 12 hours and 0 minutes. | Sunrise: 7:08 AMSunset: 7:11 PMDaylight: 12 hours and 2 minutes. | Sunrise: 7:07 AMSunset: 7:12 PMDaylight: 12 hours and 5 minutes. | Sunrise: 7:06 AMSunset: 7:13 PMDaylight: 12 hours and 7 minutes. | Sunrise: 7:04 AMSunset: 7:14 PMDaylight: 12 hours and 9 minutes. | Sunrise: 7:03 AMSunset: 7:15 PMDaylight: 12 hours and 11 minutes. |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Sunrise: 7:02 AMSunset: 7:15 PMDaylight: 12 hours and 13 minutes. | Sunrise: 7:00 AMSunset: 7:16 PMDaylight: 12 hours and 15 minutes. | Sunrise: 6:59 AMSunset: 7:17 PMDaylight: 12 hours and 18 minutes. | Sunrise: 6:57 AMSunset: 7:18 PMDaylight: 12 hours and 20 minutes. | Sunrise: 6:56 AMSunset: 7:19 PMDaylight: 12 hours and 22 minutes. | Sunrise: 6:55 AMSunset: 7:19 PMDaylight: 12 hours and 24 minutes. | Sunrise: 6:53 AMSunset: 7:20 PMDaylight: 12 hours and 26 minutes. |
| 30 | 31 |  |  |  |  |  |
| Sunrise: 6:52 AMSunset: 7:21 PMDaylight: 12 hours and 28 minutes. | Sunrise: 6:51 AMSunset: 7:22 PMDaylight: 12 hours and 31 minutes. |  |  |  |  |  |