

# Saving Her Story: Historian Diane Helentjaris Shows How Digital Newspapers Bring Forgotten Women's History Back to Life

*Research on pioneers like Wild West cowgirl Lulu Bell Parr demonstrates how digitized newspaper archives preserve the legacies of remarkable women*

LOS ANGELES, CA, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Rich with adventure, resilience, and remarkable achievements, the stories of historical women continue to captivate audiences and inspire new generations. As libraries, newspapers, and historical organizations digitize their archives, researchers are uncovering forgotten lives and safeguarding the legacies of extraordinary women, ensuring their contributions remain an enduring part of the shared human story.

Author and historian [Diane Helentjaris](#) believes digital newspaper archives have become one of the most valuable tools for preserving women's history and making it accessible to future generations.

According to [Your Ohio News](#), digitized newspaper archives have made historical records more accessible than ever, helping preserve local history and connect modern audiences with the experiences of those who came before them. These digital literary museums ensure that the lives, achievements, and contributions of notable historical figures are not lost to time.

"Digital archives give us the ability to rediscover people whose stories have faded from public memory," says Helentjaris. "They allow researchers to connect historical fragments and bring extraordinary lives back into the historical record."

Helentjaris experienced the power of newspaper preservation firsthand while researching her acclaimed book, *I Ain't Afraid: The World of Lulu Bell Parr, Wild West Cowgirl*. Based on the true story of Lulu Bell Parr, one of the most accomplished yet overlooked women of the American West, the book was made possible through extensive research using digitized newspaper



collections and historical records.

Drawing from newspaper articles, interviews, event notices, and other archival materials, Helentjaris reconstructed the life of a woman who defied traditional gender expectations and earned respect as a cowgirl during an era when opportunities for women were often limited.

"Lulu Bell Parr was fearless, talented, and ahead of her time. Her life and legacy demonstrate the courage it takes to forge your own path in a world that often limits opportunities for women," Helentjaris explains.

"Without the preservation efforts that have made historical newspapers available online, many important details of her life might never have been uncovered. Her story is a powerful reminder of why preserving historical records is essential."

Helentjaris believes every digitized newspaper page has the potential to reveal another forgotten pioneer, community leader, entrepreneur, artist, activist, or trailblazer whose legacy deserves recognition.

"Women's history is readily available within these archives," she states. "By digitizing and preserving newspapers, we are protecting the voices, accomplishments, and experiences of women who helped shape our communities and our nation. As more newspapers are digitized each year, we are proving that the past is never truly lost; it's simply waiting to be rediscovered."

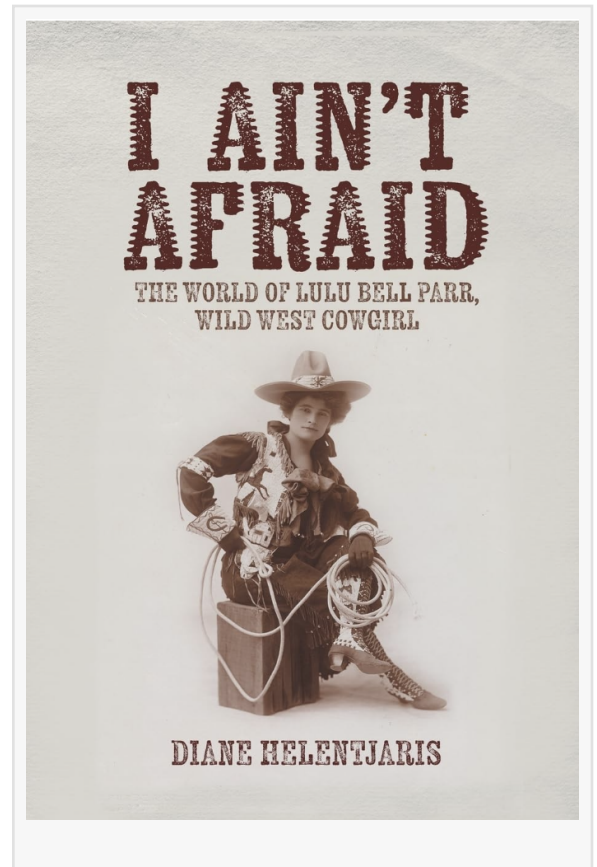
About Diane Helentjaris

Diane Helentjaris is an author and historian dedicated to preserving and sharing stories from America's past. Her book, *I Ain't Afraid: The World of Lulu Bell Parr, Wild West Cowgirl*, brings to life the remarkable true story of one of the American West's most fascinating female pioneers through meticulous historical research and archival discovery.

To learn more, click here: <https://dianehelentjaris.com/>

Diane Helentjaris is available for interviews.

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