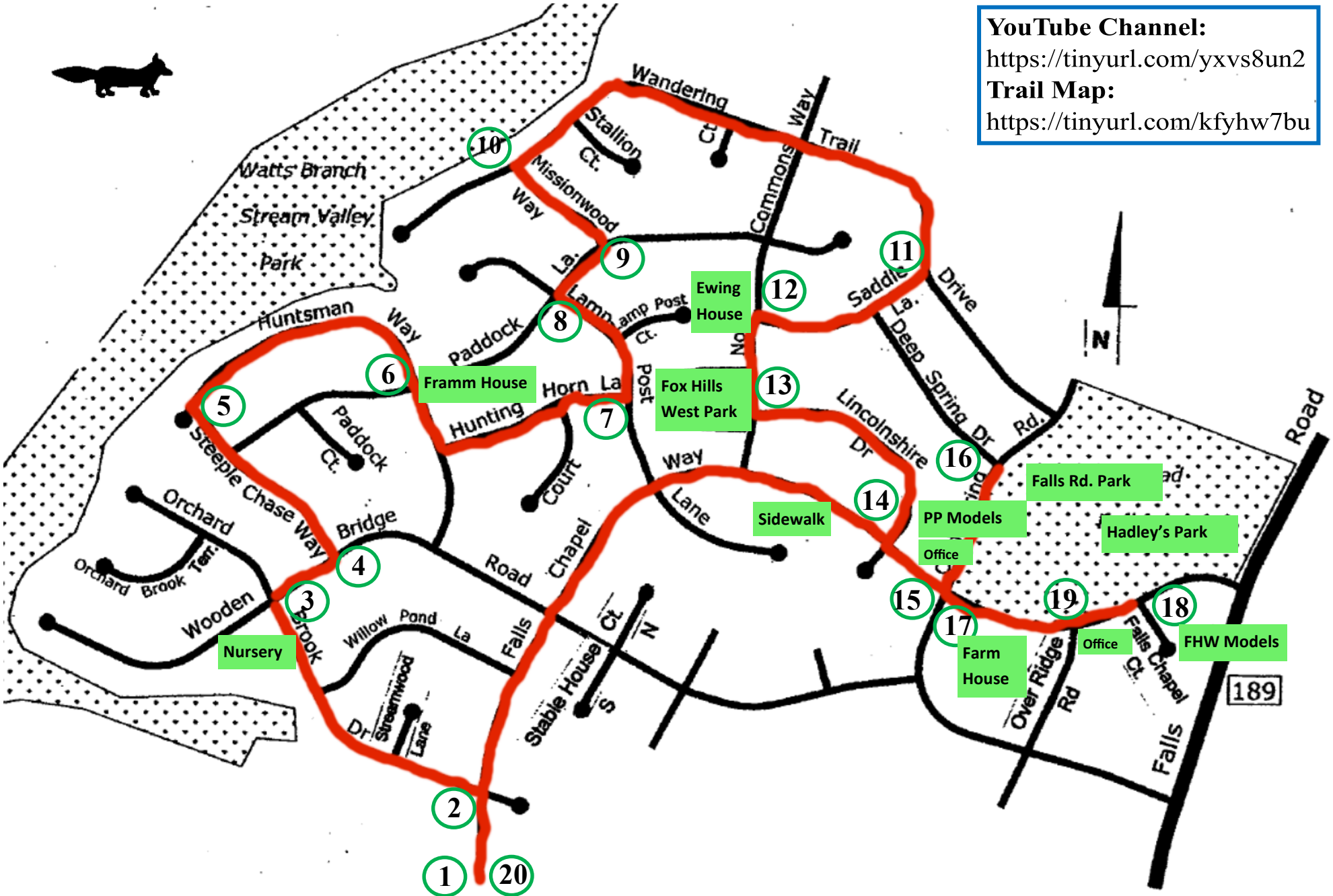Fox Hills West History Channel presents the historic "Fox Hills West Trail"