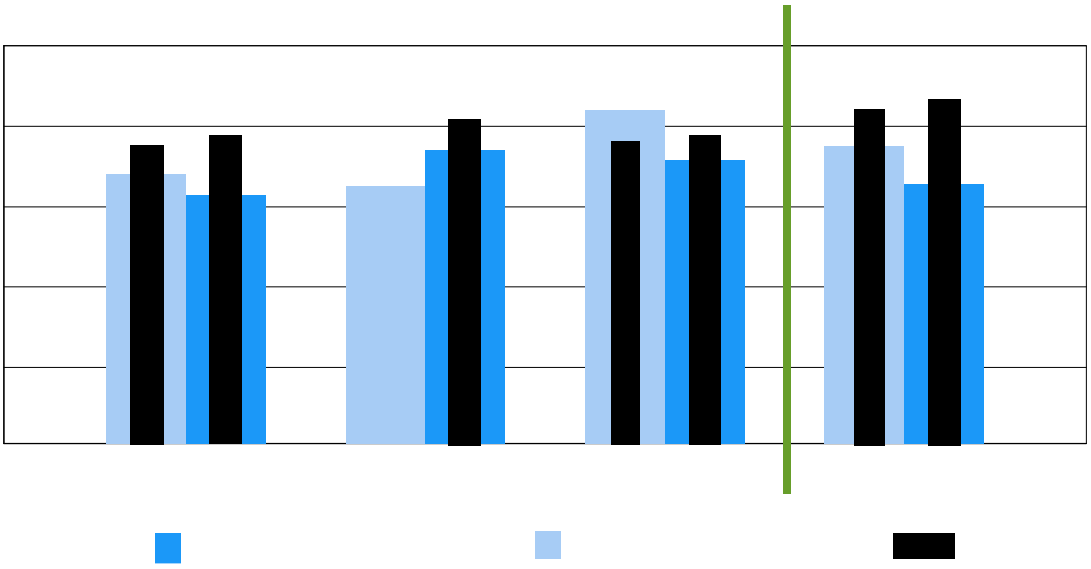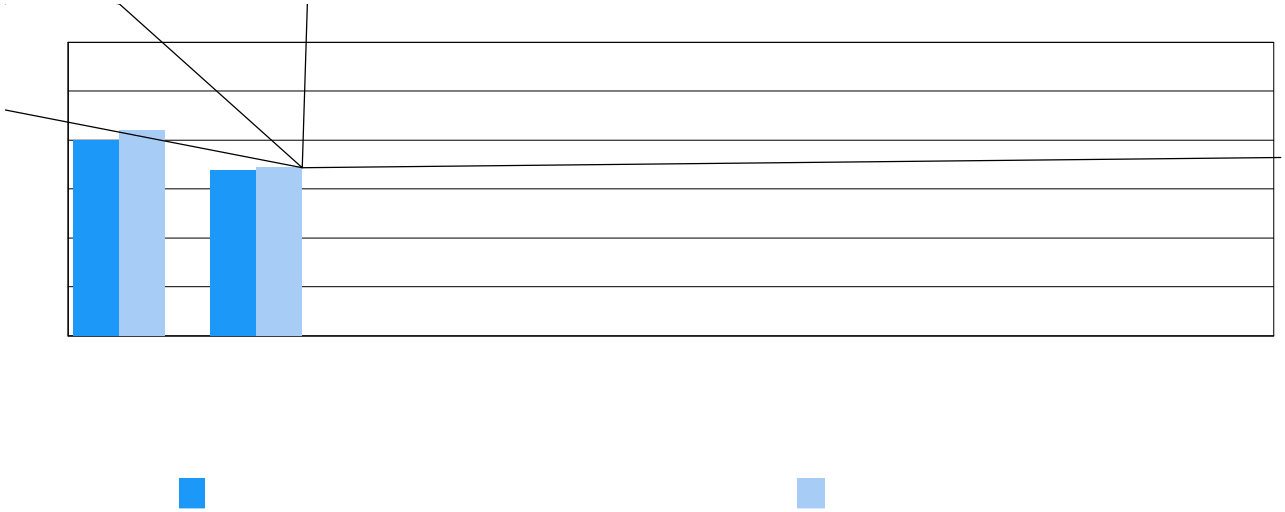As a REACH participant I have mostly benefitted from: "my mentor."