A group of "Bigs" (adult mentors) and "Littles" (the children they mentor), all participants in the Latino Mentoring Program at Nutmeg Big Brothers Big Sisters, got together recently at the Koeppel Community Sports Center at Trinity College for an evening of fun that combined hot, cold and some really cool elements.

The facility was opened to Nutmeg by Trinity in keeping with the school's ongoing commitment to make the sports center, and its activities, more available to surrounding communities and especially young people living in those communities.

Besides plenty of food and beverages, the event, called "Winter Blast" and now in its second year, offered attendees several activity choices.

They could lace up some blades and venture out onto the Koeppel Center's 200 foot X 90 foot Williams rink and learn to ice skate, or brush up on their current skating skills.

For those not in an ice skating frame of mind, dance instructor Carlos Marrero volunteered his time and talent to teach salsa, merengue and bachata to "Bigs" and "Littles". Marrero is the President of COLADA, the Central Organization of Latin American Dance Awareness.

Also on the evening's agenda was a give-and-take discussion on bullying, presented by Luis Rivera from the Injury Prevention Dept. of the Connecticut Children's Medical Center.

Nutmeg Big Brothers Big Sisters, Connecticut's premier youth mentoring organization, is an affiliate of Big Brothers Big Sisters of America. It helps its clients, children from single-parent and no-parent homes, avoid criminal activity and other potential-eroding behaviors. Nutmeg does this by creating and maintaining one-on-one relationships between the children and professionally-screened adult volunteers. Based in Hartford, Nutmeg was founded in 1966. It's funded, in part, by United Way organizations. It offers services to thousands of youngsters in 111 of the state's 169 cities, towns and villages. Nutmeg saves young lives. Learn how at: www.nutmegbigbrothersbigsisters.org. Follow Nutmeg on Facebook.