

Chapter 0167

“Let’s go tell the girls it’s safe,” Thea thought to the triplets.

They made their way down to their room, and Thea knocked.

“It’s me, Luna Thea,” she said.

They heard the sound of the lock turning. Then the door opened just a crack. Thea could see an eye peeking through the crack.

“It’s Luna,” Arella said. She pushed the door open. Ophelia and Cassandra crawled out from under the bunk beds.

“Good job, girls,” Thea said. “Thank you for staying hidden. It’s safe now. They’re gone.”

“Are you hungry?” Kai said.

“Yes, Alpha Kai,” Arella said.

“Who wants ice cream?” Conri said.

“What’s ice cream?” Cassandra said.

“You’ve never had ice cream?” Alaric said.

The girls shook their heads.

“Well, now we have to get you some. It’s Luna Thea’s favorite,” Alaric said.

The girls looked excited.

They made their way to the empty dining hall and into the kitchens. Cooks were preparing food for the next day.

“Alphas, Luna,” the head chef said when he noticed them in the kitchen. “What can I make for you?”

“We just want to get some ice cream, Chef,” Thea said.

“And caramel sauce,” Kai said.

“And hot fudge,” Conri added.

“These girls have never had it before,” Thea said.

The chef’s eyes went wide. “Well, that just won’t do,” he said, smiling at the girls. “I can bring it out to you.”

“No,” Thea said. “I don’t want to interrupt what you’re doing.”

“It’s no problem,” he said. “They have it well under control.” He motioned to his staff.

“Okay. Seven bowls?” Thea said, looking at the triplets. They nodded.

“Yes, seven bowls, please,” Alaric said.

They left and sat at one of the tables in the dining hall.

“We can sit next to you now?” Cassandra said.

“Yes,” Thea said.

“Alessia said we can’t during dinner,” Ophelia said.

“Pack dinner is more formal,” Conri said. “Tradition says the leaders sit apart and eat first. Right now, there’s no one else here. It’s not formal.”

“Like at breakfast?” Arella said.

“Yes. Breakfast isn’t formal because everyone comes at different times,” Conri said.

“Here’s a good rule of thumb,” Alaric said. “If we’re sitting over there at that head table, it’s formal. If we’re sitting anywhere else, it’s not.”

The chef and two helpers came out with seven ice cream sundaes. They placed them on the table, one in front of each person. The girls looked at the scoops of white with wide eyes.

“Thank you, Chef,” Alaric said.

“Make sure you say thanks to the chef,” Thea whispered to the girls.

They tore their eyes away from the sundaes.

“Thank you, Chefs,” they said together.

“You’re very welcome,” the chef said. “Let me know if you need anything else.”

“We will. Thank you,” Thea said. The chefs went back to the kitchen. “Good job, girls. Go ahead and try it.”

The girls grabbed their spoons, and each took a bite.

“It’s cold!” Arella said.

“My teeth hurt!” Ophelia said.


“It’s so good,” Cassandra said.

“I guess we forgot to tell you it’s cold,” Thea said, suppressing laughter. “It’s in the name, though. Ice cream. It’s frozen cream.”

“What’s cream?” Cassandra said.

“It’s like milk. Technically it’s the fat that’s in the milk,” Thea said.

“When you take a bite of the ice cream, don’t let it touch your teeth. Cover your teeth with your lips, like

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this,” Alaric said. He demonstrated. The girls imitated him. “That’s right. Good.”

“And don’t eat it too fast, or you’ll get a brain freeze,” Conri said.

“It will freeze our brains?” Arella said, eyes wide.

“No,” Conri said, holding back laughter. “It’s just a saying. When the cold touches certain nerves in your body, those nerves interpret the cold as pain. That’s why it hurts your teeth. If you eat too much, too fast, other nerves will feel the cold as pain, and your head will hurt for a few seconds. We call it a brain freeze.”

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