

MV hosts state vocal jazz festival

by Lawson Roof

On Monday, Maquoketa Valley's two vocal jazz groups, Jazz X-Press and Smooth Harmony, performed at the State Vocal Jazz festival here at Maquoketa Valley. Jazz X-Press, the rhythm section group, performed three different songs, while Smooth Harmony, the a cappella group, performed four songs, two of which were composed and arranged by Mrs. Mueller herself. Jazz X-Press received a division II and Smooth Harmony received a division I. Though these scores don't determine whether they move on in their season, the two choirs will send in their performances next week to be considered admission to Iowa State Vocal Jazz Championships in



Members of Smooth Harmony perform at Monday night's jazz festival.

late March.

Their season is becoming a whirl-

wind with festivals and competitions every weekend until the middle of March.

State speech proves successful: 7 groups to All-State

On Saturday, MV's speech teams competed at Dubuque Senior. Twenty-six teams performed; twenty earned an overall division 1 rating, and six earned an overall division 2 rating.

Monday after school, All-State nominations came out, and MV has seven All-State groups: Group Improv of Megan McNamara, Ali Sheehy, Cassidy Wilson and Heath Gibbs; One Act (Alex Digman, Alex McCusker, Blake Becker, Brenden Hogan, Brittany Sabers, Brooklyn Sands, Cassie Schwandt, Chloe Roling, Colin Wendt, Emma McDowell, Gracie Gellersen, Hannah Clemen, Hannah Lahr, Izabel Niehaus, Josie Young, Katie Snyder, Lawson Roof, Maddie Lahr, Maddy Anderegg, Maddy Naab, Madison Imler, Megan Rausch, Olivia Hoeger, Payton Ries, Raven Eatman-Dietiker, Sam Wall, Tate Trenkamp and Wyatt Kuhns); the 9th grade Radio, BOOO 66.6 (Aden Atwell, Chad Neuzil, Derek Mensen, Jaiden Porter, Kailyn Hogan and Michael Feldmann); Short Film, I Am with You (Alex Digman, Cassie Schwandt, Dustin Heims, Kara Orcutt, Lea Ries, Lucas Johnson, Madison Imler, Megan Wulfekuhle, Sam Wall, & Victoria Lane); Patrick Hansen's Solo Mime; Readers Theatre, "Action News" (Abby Holtz,

Ali Sheehy, Brody Severt, Brooke Wilson, Clint Krapfl, Hannah Lahr, Megan McNamara, Mitchell Neuzil, Taylor White and Tyson Tucker); and Group Improv of Amanda Fortman, Alex McCusker, Angel Rumbo, Brenden Hogan and Rejji Smith.

All-State is held at Iowa State University on Saturday, February 18.

Besides the groups that made it to all-state, 13 other groups earned a 1 rating: 9th grade choral reading, 9th grade readers theater, 9th TV News KMOB, 10th-12th choral reading, FTNS TV News, Katilyn Deutmeyer's solo mime, group improv (Brianna Mensen, Brooke Wilson, Emma McDowell, Katilyn Deutmeyer and Madison McIntyre), group mimes: Kelly Winter, Lawson Roof, Lea Ries and Mac Callan in "Carnival Chaos." Adrienne Supple, Brittany Sabers, McKenzie Lansing and Megan Wulfekuhle in "Don't Date This Wolf! A Modern Version of The Three Little Pigs." Nichole Winter, Kiesha Stelken, Madison Ott and Megan Rausch in "An Adorkable Friendship." ensemble actings: #1 - Faith Hunt & Jon Seibert; #2 - Amanda Fortman, Clint Krapfl, Danica Fjelstul, Kendra Ries, Rebekah Hill and Tyson Tucker #3 - Abby Holtz, Kristin Lucas and Megan Beaman.

Six events earned a 2 rating:

Dustin Heims' solo mime, Choie Wilson's solo mime, musical theater, short film "Tears Leave No Scars," ensemble acting of Lydia Helle and Shelby March and RIPT radio news.

Speech students are now gearing up for individual speech which begins with the conference contest on Feb. 20.

STUDENT OF THE WEEK

Rylie Aldrich

You have been nominated because of your positive attitude about school. What do you enjoy most about school? Seeing my classmates every day

How do you stay positive and respectful when you're having a bad day? I just smile and be nice and don't let it get to me

What or who inspires you to be a positive student? My grandma Singsank and my mom

What are your plans after you graduate from MV? To be a medical coder or a occupational therapist

—Rylie was nominated by Mr. Andrews



Sports Connection

Four wrestlers advance to next round

Four MV wrestlers survived sectionals and will now compete at districts tomorrow at Starmont.

Both first and second place winners advance. Alec McDowell won his 182 weight class by pinning his opponent in the finals in the first period. Chance Downs finished second after winning the wrestleback. Norman Wilson at 170 also won his wrestleback to advance. Eric Heims also won the wrestleback at 220 to move on.

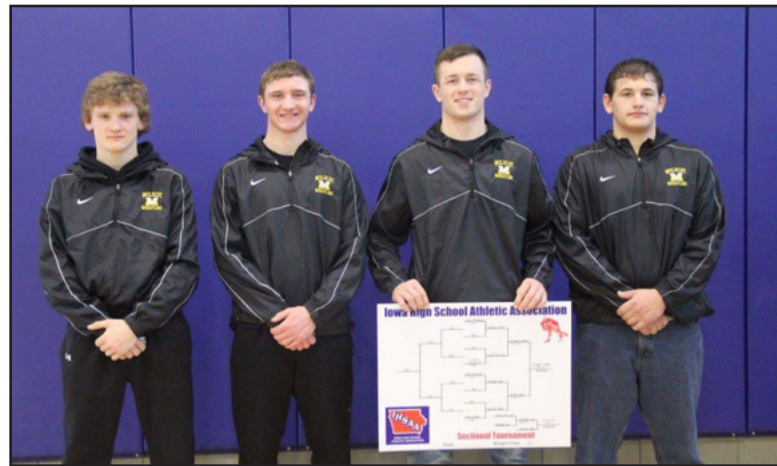
Third place: Carter Stahlberg at 132

Fourth place: Robert Hildebrand at 138; Zach Cornell at 152; Mitch Smith at 160

Fifth place: Canyon Richardson at 113; Chad Neuzil at 120; Michael Feldmann at 195; Mason Kruse at 285.

The team finished fourth out of eight teams. North Linn won the meet.

“Overall I was happy with the effort the guys put forth on Saturday,” stated Coach Andrews. “The guys wrestled whistle to whistle the entire day and did so with class. Extremely excited for the four



MV wrestlers advancing to districts include Chance Downs, Norman Wilson, Alec McDowell and Eric Heims. (photos courtesy of MV Athletic Boosters)

qualifiers (Chance, Norman, Alec and Eric) we have moving on to districts at Starmont. They have all worked hard this year and have now put themselves in a position to attain their goals or move one step closer to their goals.”

Coach Andrews also commented on a senior’s contribution to the team. “We have one senior in Zach Cornell not moving on due to an injury he sustained at Sectionals. I cannot say enough on what

Zach has meant to this program the past four years. He is by far the most unselfish person I have ever coached and was always willing to do whatever it took to help the team win. He did not back down from anyone, not once, no matter what weight it was at. So it is definitely a bummer to see him not move on but like I told him Saturday he has a lot to be proud of in helping make this program what it is today.”

Girls earn two more wins, get ready for districts

Add two more wins to the girls’ record. Last week the team ended its regular season with victories over Central City and Alburnett.

Last Thursday MV defeated Central City 59-36.

“This was one of those trap games,” stated Coach Moenck. “We have had our two worst games after a tough emotional loss. We didn’t play well at all in this game and to Central City’s credit, they took advantage of that. They really took it at us. But our kids battled through. I was proud of them. They found a way to get a W on the road.”

Brianna Mensen led the Cats with 23 points and pulled down 12 rebounds and had five assists, seven steals and two blocks. Sam Wall contributed 20

points, three rebounds, assists and steals. Maci Freiburger put up six points and had six rebounds and a steal. Payton Ries and Abby Holtz each added four points. Olivia Hoeger had two points.

The Cats followed that game Thursday night and earned a 63-27 road win over Alburnett. The Cats came on strong and had 41 points in the first half.

“I was so proud of our kids,” stated Coach Moenck. “They really bounced back after a tough game the night before. This was our 7th game in 11 days and our 3rd game on the road this week. You could tell we were running on fumes. I really liked how our bench played in this game. They really gave us a nice boost. We really shared the ball in this game. Making that extra pass to get a better shot is so im-

portant to any offense. We have so many unselfish kids. When we’re playing hard were fun to watch.”

Mensen had 15 points, 12 rebounds, nine assists, five steals and a block. Ries also had 15 points and had two rebounds, two assists and four steals. Wall got 14 points, two rebounds, two assists and two steals. Gracie Gellersen contributed six points. Rounding out the scoring was Caitlin Schuman with four, Lydia Helle with three, Freiburger, Olivia Hoeger and Macy Hoeger each with two.

The girls enter district play Tuesday night at home against the winner of Lisbon and Wilton.

Regular season comes to an end by McKenzie Lansing

The boys ended the season this week. The first game was at Central City last Thursday. They won 69-53.

The top scorers were Clint Krapfl, Kyle Wilson, Brock Hillers and Tyson Tucker. Clint scored a stunning 17 points. Kyle and Brock scored a total of 12 points and Tyson scored 11 points.

"Brock Hillers had a really nice game against Central City," commented Coach Dunlap. "He did a great job of getting to the hoop and drawing fouls. He shot 9-13 from the free throw line. Garrett Hogan also had a nice night, pulling 8 rebounds. But the big difference was Clint Krapfl. He was awesome on the inside, taking the ball strong to the paint and finishing his shots."

The boys played next at Alburnett last Friday. They had a slow start, but managed a win over the Pirates with a final score of 56-54.

"This game was a great team win for us," said Coach Dunlap. "As a team we out rebounded the Pirates 36-31. We also had eight different players score for us."

The top scorers against the Pirates were Bonert, Hogan and Hillers. Jacob had a total of 13 points. Garrett had 12 points, and Brock had 11 points.

"Alburnett is a really difficult place to win," stated Coach Dunlap. "The Wildcats played a disciplined game and held their composure throughout. I was really proud of how we finished up in the conference."

"Jacob Bonert did a great job on the boards pulling in nine rebounds and played great defense on Alburnett's best player, Ian Boline. Trevor Elgin also did a great job guarding Boline. Together on the night they held him to only 11 points," commented Coach Dunlap. "Heath Gibbs was awesome on defense in the last quarter. Tyson Tucker had six assists on the night, a team high this season."

This Tuesday, the boys played in Clinton to face Prince of Peace. The final score was 49-34, a win for the Irish.

The top scorers of this game were Tucker, Hogan and Cole Willenbring. Tyson had 13 points. Garrett scored 8 points, and Cole scored 5 points.

"I thought that Tyson did a good job scoring. It took too long for our team to figure out that we have to compete right away," commented Coach Dunlap. "We were down 19-1 at one point in the first quarter. We switched our defense and played much, much better. Prince of Peace struggled 2-3 zone defense. Other than the first 6 minutes of the game, we played really well."

The first round of playoffs is Monday at home against Rivermont Collegiate.

Fine Artists of the Week

Name: Abby Holtz

What events are you in for speech? I am in Readers Theatre Action News: Now With 10% More Action and Ensemble Acting Playwriting: The Rooftop Lesson.



What do you enjoy most about large group speech? I like how you start with an idea of a script/play at the beginning of the season and by contest time you completely change it to make it yours.

What have you learned through this event? Practicing outside of speech practice is just as important as practicing in speech practice.

Who is your speech role model? My sister, Ali. I still go to her with help on different ways to play my character/ how to reword different lines.

If you could judge a large group speech event, what would it be? Definitely improv. It is so entertaining!

Abby has done a great job of developing distinct characters in readers theatre. She has also asked lots of questions and offered suggestions about her roles as the piece has progressed. —Mr. DeVore

Name: Mason Lubben

What events are you in for speech? I am in readers theater.

What do you enjoy most about large group speech? Having fun. I never knew how much fun speech could be.



What have you learned through this event? I have learned to step out of my comfort zone. I've also learned how to become more comfortable speaking in front of people.

Who is your speech role model? Mr. DeVore. He can transform into any character and always has great comments and ideas to improve our performance

If you could judge a large group speech event, what would it be? Definitely readers theatre or one act play. These would be fun to judge because they usually have good structure and good characterization.

Mason does an excellent job of developing a character and is not afraid to step outside his comfort zone during readers theatre practices and performances. —Mr. DeVore

Athletes of the Week

Name: Payton Ries

Sport: Basketball

What do you enjoy most about basketball? I enjoy being around my teammates. I like competing a lot, and when you have a team like ours, it is always fun.

What's your favorite drill in practice?

Wildcat Transition

How do you mentally prepare for the game? I listen to music, and Brianna gives a pep talk before the game.

What's the best motivational song out right now? Anything on Liv's playlist

What's been your favorite basketball memory from this season?

Ugly Sweater Party



Name: Kara Orcutt

Sport: Basketball

What do you enjoy most about basketball?

Being with my teammates during practices, team meals before games, getting ready in the locker rooms, and even during the games. This year

we have all become really close and we can have a lot of fun together. It's always a great atmosphere.

What's your favorite drill in practice? Wildcat transition, one more pass or anything involving playing defense.

How do you mentally prepare for the game? Make sure I know the scout report and anyway I can help my team to win.

What's the best motivational song out right now? Any song they play in the locker room before games.

What's been your favorite basketball memory from this season?

Wing night at Moenck's, Rivalry Saturday & the excitement during the games.



Secondary Readiness Report released: MV fairs well

by Chance Downs

With the graduation season slowly coming upon us, I thought it would be interesting to see some of Maquoketa Valley's High School and College Graduation statistics and what these statistics hold for the present/future students of Maquoketa Valley. Recently, Maquoketa Valley received its Secondary Readiness Report from Educate Iowa about our ability to prepare students for college. The scores were based on the class of 2010.

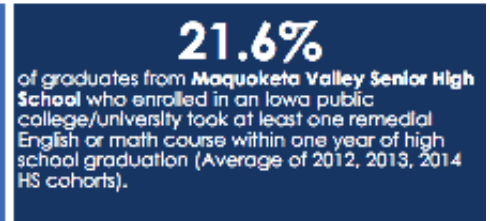
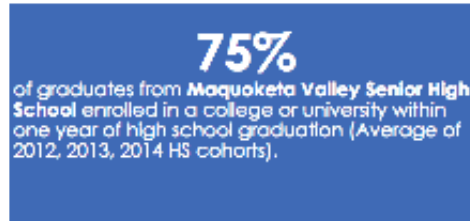
"I feel very good on where we are at. This is just another piece of data from multiple sources that help us to continue to prepare all of our students for future success."

—Mr. Tuetken

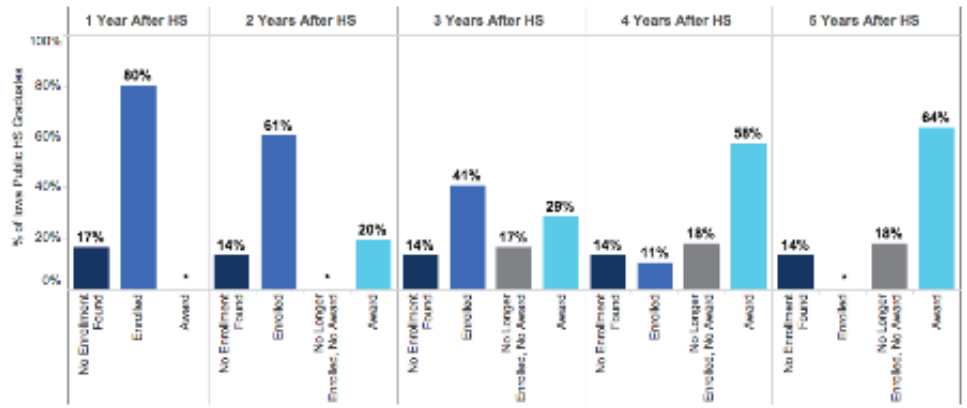
To begin, did you know that 75% of graduates from Maquoketa Valley High School enrolled in a college or university within one year of high school graduation (average of 2012, 2013, 2014)? From that 75%, only 21.6% of graduates from Maquoketa Valley had to take at least one remedial English or Math course within one year of high school graduation. Remedial classes are pre-courses you take in order to build your foundation to an actual college course. Having only 21.6% of our enrolled college and university students take these classes puts a strong reflection on just how well Maquoketa Valley is doing. In another statistic from 2009 to 2010 Maquoketa Valley had 80% of year end graduates enrolled in a college or university within one year. Five years after high school 64% graduated with a diploma, while only 18% no longer enrolled and/or did not receive a diploma.

Mr. Tuetken said he was pleased with these statistics. "I believe in comparison to surrounding schools we are a touch stronger, as well as above the state average. I am happy about that. But I am also concerned that still approximately 20% of students take either a booster math or ELA class."

Mr. Tuetken also had an optimistic response about what these statistics say about the future of Maquoketa Valley graduates. "I feel very good on where we are at. This is just another piece of data from



2009-10 HS graduate cohort from Maquoketa Valley Senior High School



multiple sources that help us to continue to prepare all of our students for future success."

It is clear to see that Maquoketa Valley is doing quite well in our academic areas, but as you know there is always room for improvement.

Did you know?

by Emma McDowell

Here are some romantic facts to tell your significant other on Valentine's day.

- The fear of love is called philophobia.
- Nearly one billion Valentine's Day cards are sent a year.
- The first box of chocolates was made in the 1800's by Richard Cadbury.
- Candy hearts have a shelf life of five years.
- 15% of women send themselves flowers on Valentine's day.
- In an effort to stop the spread of Western culture, Iran banned Valentine's day in 2011.
- \$52.2 million was spent on flowers in 2015.
- 9 million people buy their pets gifts on Valentine's day.
- Only 62% of America celebrates Valentine's day.
- Valentine's Day was only associated with love and romance starting in the 1300's.

Best Buds



Abe Miles and Lawson Roof

by Kristin Lucas

How did you meet?

Abe: Nichole introduced us
Lawson: at a football game when he pushed me off the bleachers

What's your favorite memory together?

Abe: when I started dancing and pushed her off the bench at the football game
Lawson: when we went to see *La La Land* and Abe ALMOST cried

What is one word you'd use to describe each other?

Abe: petty
Lawson: know-it-all

Do you have any nicknames for the other person?

Abe: Lawson
Lawson: Babe-raham

Student honor band bound

by Kelly Winter

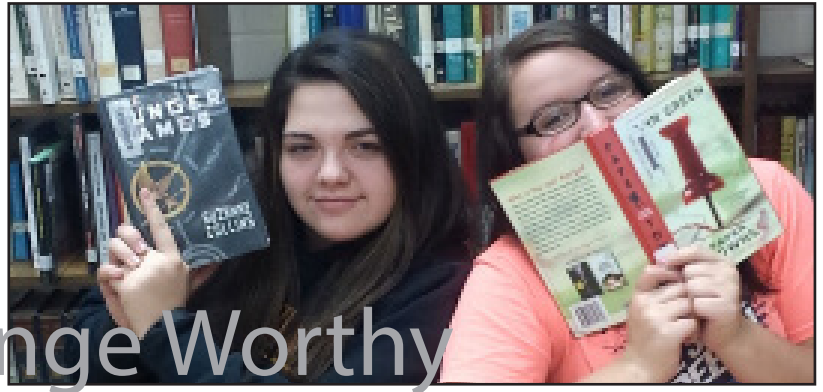
Kailyn Hogan, Kelly Winter and Nichole Winter attended the Meistersinger Honor Band in Waverly at the Wartburg College last weekend. This event lasted Saturday until Sunday afternoon, when they held a concert. During the weekend they experienced the college campus, worked with very talented high school student and watched a couple concerts by the Wartburg bands.

Over the weekend they all had their favorite parts and least favorite parts. Staying at college and eating college food was Nichole's favorite part. Kailyn said she liked going out to lunch with Mr. Hadley. "My favorite part was being able to play with really well talented students and listening to the concert and realizing all the long practices paid off," stated Kelly.

The girls benefited from this experience. Nichole said, "I learned that college is tough, and there is a lot more to music than I thought." "Apparently the higher the octave of your instrument, the less time you have to hold a note," Kailyn explained. Kelly added, "I learned to be more confident in myself and playing abilities."

They were all asked to describe the experience... "I liked staying at college and meeting new people. It was really cool to see all of our work come together in the concert. I also loved watching the college bands," said Nichole. Kelly said, "I didn't think I would enjoy this, but I actually really did. It's was fun to meet new people and stay on the college campus. The music was college level (harder than I was used), but I enjoyed improving myself. I also think that it was really cool to see all of our hard work come together at the concert. I would go again!"

Mr. Hadley stated the value of the event. "Honor bands offer a day where talented musicians from several different schools can all come together, giving the students an opportunity to play in a band that's more balanced, LOTS larger, and more advanced than their respective school bands. It gives selected students the chance to (with a nationally-known college band director) perform more challenging music than they normally play at school. Aside from that, it's a chance to meet high schoolers from all over who all have a shared enjoyment for music and performing. My favorite part of the weekend is always the concert... seeing how much progress the band has made in a short amount of time. Also, since I went to Wartburg, this honor band is always fun for me because it's almost like a reunion getting to hang out and catch up with lots of the people I went to college with played in the Wind Ensemble with."



Binge Worthy

Rebekah & Amanda:

Last Man Standing: Mike Baxter, man of the house. His family and him are full of lots of love, laughs, and the occasional fight. We watch the Baxter's life as many situations occur, from the birth of a grandson to the marriage of their daughter. A show that will have you on the edge of your seat because of all the funny moments in it! A show that we think everyone should watch!

Rebekah:

Harmony by Carolyn Parkhurst: Tilly is not like every other kid in her class. She suffers from a condition that falls on the autism spectrum. Her mother, Alexandra, has no options left. Public, private, and even schools that are designed for kids like Tilly can not handle her. She doesn't know what else to do. When she meets Scott Bean, it is like her prayers have been answered. She moves Tilly, Iris (her other daughter), and her and her husband to Camp Harmony. A camp designed by Scott Bean to help families just like Alexandra's. From the point of view of Iris and Alexandra we see their life unfold at the camp. Drama, love, laughs, and nerves all prevail in this story. A great book!

Fresh Eyes sung by Andy Grammer:

I love this song, because it is so upbeat. Andy sings about the love that he has for a girl. It is a amazing song, and I think everyone should listen to it.

The Middle: The Hecks. A poor family living in a town where everyone is judged on what they own. Frankie Heck and her kids and husband are not like other families. Brick, Axl, Sue, Frankie, and Mike are always have craziness going on in their life. This show is absolutely hilarious and has me laughing every episode that I watch.

Amanda:

The DUFF by Kody Keplinger: Hilarious, adorable, and oh, so relatable. When high school senior, Bianca, finds out she's the DUFF or Designated Ugly Fat Friend of her friend group, she will do anything in her power to change this. She recruits her handsome neighbor Wesley to help reinvent herself. With the help of her friends, Bianca learns that sometimes true beauty comes from confidence and just being yourself.

Match Game: Alec Baldwin hosts this hilarious game show were both guests and stars get a little rowdy. The premise behind the game is that the panel of six celebrates tries to match these fill in the blank answers to that of the contestants. Many times the answers are hilarious and sometimes a bit uncomfortable. This show has definitely become one of the favorites in our household.

She's the Man: Two words: Channing Tatum. That is one huge reason to check out this movie, another is that it is definitely one of those must see romantic-comedies. After soccer star Viola is not allowed to play anymore she takes matters into her own hands as she impersonates her brother and begins to attend school for him. She never intended to fall in love along the way. A definite must see!

WHAT'S HAPPENING AT MV the week of February 13, 2017

MONDAY, FEBRUARY 13, 2017

1. HS Boys 1st Round District BB - HOME - MV vs Rivermont Collegiate of Bettendorf - 7:00 PM

TUESDAY, FEBRUARY 14, 2017

1. HS Girls Regional 1st Round State Basketball - HOME - MV vs Lisbon or Wilton - 7:00 PM

WEDNESDAY, FEBRUARY 15, 2017

1. HS Wrestlers to Des Moines

THURSDAY, FEBRUARY 16, 2017

1. HS Boys 2nd Round District State Basketball at North Linn - 7:00 PM

FRIDAY, FEBRUARY 17, 2017

1. NO SCHOOL

2. HS Vocal Jazz Clinic at Solon

3. HS Girls Regional 2nd Round Basketball at Iowa City - 7:00 PM

SATURDAY, FEBRUARY 18, 2017

1. All-State Large Group Speech to ISU in Ames - 8:00 AM

2. HS FFA Week Begins

what's up?

If you could have an exotic pet, what would it be?

by Nichole Winter

McKenzie Lansing: Sugar Glider (like a mouse)

Lane Coyle: Elephant

Eric Deutmeyer: Ferret

Brenden Hogan: Pangolin (like an armadillo)

Kara Orcutt: Giraffe

Emilio: Tiger

Robert Hildebrand: Alligator

Mitchell Neuzil: Baby Kangaroo

Blake Becker: Parrot

Izabel Niehaus: Flamingo

Mrs. Richter: Panda

Madison Imler: Baby elephants, lots of em

Brooke Elgin: Monkey

Nathan Weber: Grizzly Bear

Jack Smith: Lion

Amber Engelken: Cheetah

Cloie Wilson: Monkey

Birthday Shoutouts!

by Chance Downs

*It's never too early or too late to tell
a fellow classmate Happy Birthday!*

This week's birthdays are:

2/10 - Mitchell Neuzil

2/11 - Selena Ramirez, Kendra Ries

2/12 - Kelsey Ries, Caitlin Schuman

2/13 - Cole Kruse

2/14 - Olivia Hoeger

2/15 - Brooke Elgin

2/16 - Rebekah Hill

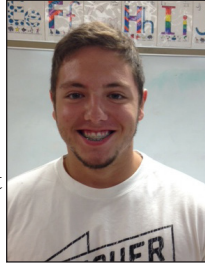
Hall Smarts

by Brody Severt

Hey, Wildcats,

there is a really big world out there and not all of us know a lot about it. So I felt it was a good idea to test what our lucky contestants know about the world.

This week we have Chloe Roling, Raven Eatman-Dietiker, Derek Mensen and Heath Gibbs as our contestants. Let's look at how much they know about Earth.



Which ocean is larger, the Pacific or Atlantic?

Chloe: Atlantic

Raven: Atlantic

Derek: Pacific

Heath: Pacific

Answer: Pacific

How many countries are in the world?

Chloe: 170

Raven: 196

Derek: 197

Heath: 251

Answer: 196

Which continent has the largest desert?

Chloe: Africa

Raven: Africa

Derek: Antarctica

Heath: Asia

Answer: Antarctica

Which country is between China and Russia?

Chloe: Turkey

Raven: none

Derek: Mongolia

Heath: Malaysia

Answer: Mongolia

Which country connects North and South America?

Chloe: Mexico

Raven: Mexico

Derek: Panama

Heath: Belize

Answer: Panama

Totals: Chloe: 0 Raven: 1 Derek: 4 Heath: 1

Good job this week to Derek Mensen. It's always a good feeling to travel, whether that's around the world or going on a weekend trip. Try and diversify yourself through travel because travel is the best learning. That's I have for you this week, Wildcats, so have a great weekend.

Valentine's Day stinks

by Emma McDowell

If you couldn't tell from the countless ads, decorated Walmart aisles, and boyfriends scrambling to get gifts, Valentine's Day is coming up! Or if you're single and alone this Tuesday, then the day is much different. It's less "what should I get my boyfriend?" and more, "do I have any homework?" We single people wonder what it's like to go on a date instead of binge watching Netflix on the 14th. Don't get me wrong: there's nothing pathetic about being single on Valentine's Day, or single in general. In fact, Valentine's Day is pretty overrated as a holiday.

First of all, the day has lost the romantic feeling that it tries to spark. Couples often get each other flowers and chocolate because they feel like they have to. People should never feel forced to do something nice for their significant other. Surprising a girlfriend with a spontaneous romantic dinner shouldn't be a Valentine's Day exclusive. The holiday is supposed to be a day to show appreciation for the ones you love, but too often that feeling falls flat. Cards and bouquets have lost the sentiment behind them. As a holiday, it's become extremely materialistic.

Commercialism is the other big reason why Valentine's day sucks as a holiday. According to US News, people spent nearly 19 billion dollars on Valentine's Day in 2015. The article also states that on average, a person will spend \$142.31. That's a lot of money for a holiday that isn't even important.

All in all, don't worry about dates, candy, or flowers this 14th. Try not to worry about the fact that you are lonely and don't have a date. Don't worry about how there's no one in your life. Instead worry about how you can show the people around you how much you love them, without spending big bucks. And if you're one of the lucky ones with a date, please don't flaunt it and make the rest of us feel pathetic. Thank you.

Brain Teaser

by Mason Lubben

Without fingers, I point.

Without arms, I strike.

Without feet, I run.

What am I?

A: A clock