

UNIVERSITY OF WISCONSIN
LA CROSSE



RESOURCE GUIDE

FOR GRADUATE STUDENTS

NOTE: THE CONTENTS OF THIS RESOURCE GUIDE ARE BASED ON INFORMATION FROM VARIOUS WEBSITES. THE USERS ARE STRONGLY ENCOURAGED TO CONSULT THE APPROPRIATE WEBSITE FOR THE MOST UPDATED INFORMATION

Visit the following web site for more information and resources:

www.uwlax.edu

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Campus Directory

Academic Advising Center

(608) 785-6950, Lower Level, Cartwright Center
E-mail: advising@uwlax.edu
<http://www.uwlax.edu/advising/>

Bookstore

(608) 785-8855, Lower Level, Cartwright Center
<http://www.uwlax.edu/bookstore/>

Campus Operator

(608) 785-8000
University Events
(608) 785-8900

Career Services

(608) 785-8514, Second Floor, Wilder Hall
<http://www.uwlax.edu/careerservices/>

Cartwright Inf Counter/Ticket Office

(608) 785-8877

Cashier's Office

(608) 785-8719, 121 Graff Main Hall
<http://www.uwlax.edu/cashiers/>

Campus Child Care Center

(608) 785-8813
E-mail: wrobelsusa@uwlax.edu (Sue Worbel)
www.uwlax.edu/childcare

Counseling and Testing Center

(608) 785-8073, 170 Morris Hall
<http://www.uwlax.edu/counseling/>

Dean of Students

(608) 785-8150, 147 Graff Main Hall
E-mail: deanofstudent@uwlax.edu
<http://www.uwlax.edu/sdas/>

Dining Services/TowerCard Office

(608) 785-8891, 223 Cartwright Center
<http://www.uwlax.edu/uc/resources/index.htm>
<http://www.uwlax.edu/towronecard/>

Chartwells: (608) 785-8608

Whitney Center Menu Hotline: (608) 785-8899

Disability Resource Services

(608) 785-6900 V/T/Y, 165 Murphy Library
<http://www.uwlax.edu/drs/>

Office of Graduate Studies

220 Morris Hall
(608) 785-8124
<http://www.uwlax.edu/graduate/>

Health Center

(608) 785-8558, Health Science Center
<http://www.uwlax.edu/studenthealth/>

Human Resources

(608) 785-8013, 144 Graff Main Hall
www.uwlax.edu/hr

Information Technology Services

(608) 785-8774, 103 Wing Technology Center
<http://www.uwlax.edu/its/>

Multicultural Student Services

(608) 785-8225, 243 Graff Main Hall
<http://www.uwlax.edu/mss/>

Office of Affirmative Action and Diversity

(608) 785-8541, 132 Graff Main Hall
www.uwlax.edu/aaod

Office of International Education

(608) 785-8016, 116 Graff Main Hall
<http://www.uwlax.edu/oie/>

Office of Student Life

(608) 785-8062, 149 Graff Main Hall
www.uwlax.edu/StudentLife

Parking

(608) 785-8061, Protective Services Building

Pride Center

(608) 785-8870, 42 Cartwright Center
www.uwlax.edu/pridecenter

Records and Registration

(608) 785-8576, 117 Graff Main Hall
<http://www.uwlax.edu/records/>

Recreational Sports

(608) 785-5225, 130 Recreational Eagle Center

Residence Life

(608) 785-8075, 103 Whitney Center
<http://www.uwlax.edu/reslife/>

Student Association

235 Cartwright Center
www.uwlax.edu/studentassoc

University Centers

(608) 785-8888, 212 Cartwright
<http://www.uwlax.edu/uc/>

University Police

Non – Emergency (608) 789-9000
Emergency (608) 789-999

Office of Graduate Studies

(608) 785-8124

220 Morris Hall

<http://www.uwlax.edu/graduate/>

Staff

Robert H. Hoar, Interim Associate Vice Chancellor

rhoar@uwlax.edu

Mike Kennedy, Program Assistant

mkennedy@uwlax.edu

Katherine Josephson, Grad Assistant

josephso.kath@students.uwlax.edu

GSO Leadership:

Conner Doyle and Laura Barquest

Grants available to Graduate Students:

Research, Service, and Educational Leadership (RSEL) Grants

These competitive grants are available to all full- and part-time graduate students twice a year. Proposals are due in the Office of Graduate Studies:

Fall semester: October 14, 2011 by 4:00 p.m.

Spring semester: February 17, 2012 by 4:00 p.m.

Professional Travel Grants

These grants are competitively awarded to qualified graduate students to encourage and support their participation and presentations at the professional conferences. Applications are accepted four times a year (by 4:00 p.m.):

September 16, 2011

December 9, 2011

March 9, 2012

May 11, 2012

For further details, visit www.uwlax.edu/graduate/grantinfo.htm.

Records and Registration

(608) 785-8576

117 Graff Main Hall

<http://www.uwlax.edu/records/>

WINGS—Student Services via the Web

Many services are available to students through the student online system called WINGS. The system requires a student's ID and PIN number. Students were sent their ID number with their acceptance letter. The temporary PIN number is a 4-digit number of month and day of birth (mm/dd). When a student accesses the system the first time, they must change their PIN to a unique 4-digit number they will remember.

Students use WINGS to register for classes, display their schedules, pay bills and access tax information, add Tower Tender, access grades and GPAs, update their address, check their registration time and the name of their adviser, display their financial aid award, verify their enrollment, request advisement reports, request unofficial or official transcripts, and apply for graduation.

Students appreciate this 24/7 self-service system.

Registration

Students register themselves using the WINGS Web registration system. They are required to pay a \$100 deposit prior to registration and are assigned a registration time according to the number of credits they have earned and status. Spring and January Term registrations begin in November; summer and fall registrations begin in April each year.

Grades

Final grades are available on WINGS as soon as instructors submit them. Grade point averages (GPAs) are calculated approximately 10 days after the last final exam day. Grade reports are not mailed.

Confidentiality of Academic Records

UW-L fully complies with the Family Educational Rights and Privacy Act of 1974 as amended (FERPA). FERPA was designed to protect the privacy of education records, to establish the right of students to inspect and review their education records, and to provide guidelines for the correction of inaccurate or misleading data through informal and formal hearings. A copy of the written procedures may be found in the Records and Registration office. UW-L designates the following categories of student information as public or "directory information." Such information may be disclosed by the institution for any purpose, at its discretion.

Category I: Names, addresses, e-mail addresses, telephone numbers, attendance (full-time/part-time, classification) and school and/or college status.

Category II: Previous institution(s) attended; past and present participation in officially recognized sports and activities; physical factors (height, weight, etc. for athletes); date and place of birth.

Category III: Major Field of study, awards, honors, degree(s) conferred, and date(s) awarded.

Currently enrolled students may withhold disclosure of information under FERPA. To withhold disclosure, **written** notification must be received in the Records and Registration Office, 117 Graff Main Hall, prior to the end of the second week of each semester or the end of the first week of a summer session. The University assumes that failure on the part of any student to make a specific request for the withholding of directory information, within the time period mentioned above, indicates individual approval for disclosure.

We attempt to treat students as independent and responsible adults. The University cannot release academic records, including grades and GPA to third parties without **written** permission from the student. Because of

this federal law restricting access (even to family members), it is important that students and families maintain good communication about sharing information.

Enrollment Verifications

There may be times when a student will need to provide verification of enrollment. **Often times this is necessary for visas, health and car insurance, scholarships, loans, and employers.** Please check with Records and Registration online or at 117 GMH, for more information.

Student Addresses

Addresses are NOT considered confidential and will be published in the student directory and released if requested by a third party. Students who do not want their addresses released must complete a confidentiality request in the Records and Registration Office, 117 Graff Main Hall, within the first two weeks of school. It should be noted that this action will hold all information from being released, and that students risk being omitted from communication from the University.

Full Course of Study

Graduate students need to carry a minimum of 9 credits per semester.

Cashier's Office

(608) 785-8719

121 Graff Main Hall

<http://www.uwlax.edu/cashiers/>

Link to the Graduates Fall 2010 fees schedule:

<http://www.uwlax.edu/cashiers/tuitionfeeschedule.htm>

*Minnesota residents must [apply for reciprocity](#) to receive these tuition rates.

**Click here for more information about the [Midwest Student Exchange Program](#).

***All fees described herein are subject to change and therefore students are advised to consult the appropriate website.

Installment Credit (Billing) Agreement

All students need to electronically sign the [Terms and Conditions of Financial Responsibility](#). They have a checklist (to-do) item in their WINGS Student Center for signing this agreement. By signing the agreement, students agree to pay, in full, the amount of any fees, tuition, housing and meal plan costs, and other miscellaneous charges incurred in connection with attendance at UW-L, on the dates indicated by UW-L for each semester. This agreement allows students to make payment in monthly installments but requires payment in full prior to registration for future terms. **A 1% finance charge will be assessed on any amounts not paid by the Due Date indicated on each student bill.** Due dates are approximately 30 days after charges are billed. Students will be required to electronically sign this agreement at the time of registration each term.

Payment

The registration deposit, tuition, and fees can be paid by credit card or electronic check (ACH).

Payment can be made through WINGS Student Center by clicking "Make Deposit/Payment" (be sure popup blocker is turned off) or the cashier's website: www.uwlax.edu/cashiers - Parents & Guest Access to make a payment or Deposit.

There is a 2.75% convenience fee on all credit/debit card transactions. The University currently accepts MasterCard, Discover, American Express and Diners Club. The University **does not accept VISA** due to their convenience fee structure. **Credit/Debit card and e-check payments are accepted online only; they are not taken over the telephone or at the Cashier's Office.**

Payment can also be made by paper check. Please make checks payable to UW-La Crosse. Mailing address: UW-L Cashier's Office, 121 Graff Main Hall, 1725 State St., La Crosse, WI 54601. Students will be assessed a \$20 handling charge for checks returned for insufficient funds. Please include the student ID# on your check and term it is for.

\$100 Advance Registration Deposit

A \$100 non-refundable Advance Registration Deposit must be paid EACH semester before the student will be allowed to register. This deposit applies toward the semester tuition for which the student is registering. An Advance Registration Deposit reminder will be e-mailed to the student's campus e-mail address prior to registration. Registration for a future semester is allowed only after the student has paid the current semester's tuition, as well as the \$100 Advance Registration Deposit.

Information Technology Services

103 Wing Technology Center

(608) 785-8774

<http://www.uwlax.edu/its/>

Information Technology Services provides computing, network, and educational technology services. A variety of services for students are available including computer labs, a help desk, training, e-mail, file storage, and Web services.

GCA (General Computing Access) Labs and Resources

General computing access labs are available in several locations on campus and are open at least 80 hours per week. Labs can be found in Murphy Library, Wimberly Hall, and Wing Technology Center. Computers in the labs run Windows XP and Macintosh operating systems. A wide variety of application software including Microsoft Office is also available. Equipment available in the labs includes CD-Rom burners, scanners and laser printers. You can learn more about our labs at: <http://www.uwlax.edu/gca>.

ITS Support Center

Free computer help is available to students through the ITS Support Center on campus. This help includes assistance with campus e-mail, file storage, Microsoft Office products, other campus-supported software, hardware recommendations and more. The Support Center serves as a first line of contact for technology questions. Call us at (608) 785-8774, or stop by 103 Wing Technology Center. More information and hours are available online at: <http://www.uwlax.edu/itssupport>.

Internet Connections in the Residence Halls

Service needs and questions relating to Internet connections in the residence halls should be directed to the Office of Residence Life-ResNet at (608) 789-2300. More information about ResNet connections can be found online at: <http://reslife.uwlax.edu/ReslifeIS>

Free Computer Training

All UW-L students are eligible for free computer training. Training is available on Microsoft Office applications, HTML, electronic portfolios, scanning, and other common technology. A schedule of sessions is published each semester and individual sessions can be scheduled. More information is available at: <http://www.uwlax.edu/student>.

Campus E-Mail and Online File Storage

E-mail accounts are created automatically for all students, and e-mail can be accessed through a Web interface from any location. Many forms of official campus communication are sent through campus e-mail addresses, so it is **critical** that all students use their university e-mail accounts. Assistance with e-mail is available from the ITS Support Center. Each student will be sent their e-mail address with their class schedule in July.

Online File Storage is also provided on a central file server that allows students to store documents and other files in a central location. Online files are also available to students from home or from any campus computer lab. The University provides 200MB of storage for each student. Assistance is available through the ITS Support Center.

Parking & Transportation

(608) 785-8061

Protective Services

<http://www.uwlax.edu/parking/>

Living on Campus

All students living on campus should check the parking Web site regarding residence hall parking permits (beginning in July). Only a limited number of permits will be available, and freshmen have lowest priority. Permit sales are Web-based. Parking permits for students living on campus cost **\$119 per semester or \$237 for two semesters**.

Living off Campus

Parking permits for new freshmen living off campus will be sold online on a first-come, first-served basis. Complete information will be available at the check-out station in Cartwright Center during freshman registration. Students should also check the parking Web site for updated parking application information. Parking permits for students living off campus cost **\$150 per semester or \$210 for the academic year**.

City Bus Service

The La Crosse Municipal Transit Utility (MTU) offers two bus services for UW-L students. First, the **Unlimited Passage (U-PASS)** provides bus service on any current MTU route in La Crosse or Onalaska at NO FARE when students show their UW-L student ID. Second, the **U-PASS/Safety Bus** also has NO FARE and runs Thursday, Friday, and Saturday nights from 9 p.m. to 3 a.m. (10 p.m. – 3 a.m. on Thursday evenings). The Safety Bus will run from on and off campus housing areas and downtown La Crosse every fifteen minutes during these three nights and no identification is required. Students will have a safe ride home with their friends!

Parking in any of the university lots requires displaying a valid university parking permit, or paying for the use of a parking meter.

Travel on Campus seems to be most often negotiated by bicycle or the popular standby, feet. Bikes can be locked to the racks around the halls or may be taken into the resident's room. Some students have their own cars, but those who don't may want to check the Ride Boards in Cartwright Center, Whitney Center, and the residence halls. Students who have a car and would like riders to share expenses will post their destination on the Ride Board.

Jefferson Bus Lines provide service all over the United States. The bus depot is located at 601 St. Andrew Street. For more information, call (608) 784-5510.

Amtrak offers service to Milwaukee and to Chicago where other train connections are available for trips to the eastern United States. It also offers service to cities between La Crosse and the West Coast (including Minneapolis). The depot is located at 601 St. Andrew Street. The phone number is (608) 782-6462 or (800) 872-7245.

Northwest and American Eagle are passenger airlines, which serve the La Crosse area. The airport is located off Interstate 90 on French Island (608) 791-0709.

The adventurous student can even try cross-country skis, canoes, or a riverboat to see a bit of the countryside.

Multicultural Student Services

(608) 785-8225

243 Graff Main Hall

<http://www.uwlax.edu/mss/>

The Office of Multicultural Student Services (OMSS) located in 243 Graff Main Hall promotes excellence in academics as well as personal/social development for UW-L students of African, Asian, Native American, Hispanic, or multiracial descent. OMSS supports collaborative efforts, which celebrate human differences, embrace shared values, and promote understanding and respect for all. The office provides support services and information designed to recruit, retain, and ensure that multicultural students who are U.S. citizens or refugees graduate.

The specific areas of service and outreach include:

- ▣ Advocacy for students
- ▣ Educational planning and enrollment information
- ▣ Cultural, educational, and social programming
- ▣ Free tutoring services
- ▣ Personal guidance and support
- ▣ Partnership with other campus offices and community entities interested in diversity initiatives
- ▣ Administration of the Multicultural Center

Multicultural student organizations include:

- ▣ ALANA (Asian-Latina-African-Native American women)
- ▣ ASO (Asian Student Organization)
- ▣ BSU (Black Student Unity)
- ▣ HOPE (Hmong Organization Promoting Education)
- ▣ LASO (Latin American Student Organization)
- ▣ NASA (Native American Student Association)
- ▣ SASO (South Asian Student Association)

Student Health Center

(608) 785-8558

1300 Badger Street

<http://www.uwlax.edu/studenthealth/services.htm>

The Student Health Center provides high quality primary care to students registered at UW-L and Western Technical College. The goal of the Health Center is to deliver medical care that meets the needs of a diverse student body and to support the academic mission of both our students and Universities.

The Health Center staff consists of a Director, Board Certified Family Physicians, Certified Family Nurse Practitioners, Registered Nurses, Physical Therapists, Physical Therapist's Assistants, Medical Assistants, Medical Lab Technologists, Health Information Managers, and office staff who are experienced in working with the health care needs of college students.

Who Can Use the Student Health Center?

All UW-L students are eligible to use the Student Health Center. The fee is automatically included in the tuition statement for students who are registered for 7 or more credits during the fall and spring semesters or 6 or more credits during the summer session. Students who are not enrolled for the minimum credits may also use the Health Center after they pay the student health fee. Students are required to show their UW-L student ID card every time they visit the Health Center.

Consultation & Referral

With a student's permission, consultations and referrals may occur with several on or off campus offices, e.g. Dean of Students, Counseling and Testing Center, Disability Resource Services, Athletics, International Education, Residence Life, County Health Department, local hospitals/clinics. All information in a student's health record is entirely confidential and is not released to anyone (including relatives) without the student's written consent. Students may schedule an appointment with the Health Information Manager to review their medical records.

Emergency Services

Emergency services are available at two local medical centers—Franciscan Skemp/Mayo, and Gundersen Lutheran. Since emergency services are not included in the health center fee, students are advised to be familiar with their family insurance plan coverage.

Services Provided by the Health Center

Primary Care

The Health Center provides all the services of a primary care clinic. Some of the services provided are physical exams, asthma care, acute illness, dietary counseling, and mental health. The center is open between the hours of 8:00 a.m. – 4:00 p.m., Monday, Thursday, and Friday and 9:00 a.m. – 4:00 p.m. Tuesday and Wednesday. A limited number of appointments are available on Wednesday evenings. Students may call 785-8558 to schedule an appointment.

Urgent Care

Students can call 785-8558 and make same-day appointments for acute illnesses. The Health Center has same-day appointments available each day the clinic is open. An urgent care clinic is available during office hours for assessments of urgent medical needs and injuries. After hours urgent care is available at one of the local hospitals or clinics (Gundersen Lutheran, Franciscan Skemp/Mayo). Costs for after hours care services are not included in the UW-L student health fee and are the responsibility of the student.

Physical Therapy Services

The Health Center Physical Therapy Department provides a wide range of evaluation and non-operative treatment services for different musculoskeletal conditions including sport-related injuries and back and neck pain. Students who have undergone orthopedic surgeries can perform some or all of their rehabilitation in the Physical Therapy Department. The state-of-the-art PT facility features isokinetic and inertial equipment, as well as a Swim-Ex[®] therapeutic pool. Some equipment (e.g. crutches) is available for rental. Other equipment is available for purchase at wholesale cost.

Back and Neck Care

The Health Center staff has considerable experience managing back and neck pain, which affects many college students. Our comprehensive spinal care services include Osteopathic manipulation, spinal traction, therapeutic exercise, and aquatic therapy. We also offer (for purchase) a range of supports, braces, and cushions for various neck and back problems.

Minor Injury Care

The Student Health Center provides care for sprains, strains, lacerations requiring stitches, burns, and fractures. The Health Center has x-ray services available for a nominal fee (~\$20.00). Students needing injury care after Health Center hours or on weekends should go to one of the hospital emergency rooms or Urgent Care walk-in clinics.

Minor Surgical Procedures

Procedures requiring only local anesthesia can be performed at the Student Health Center, e.g., treatment of ingrown toe nails, wart removal, incision and draining of abscesses, and mole removal.

Gynecological & Reproductive Services

The Student Health Center provides reproductive services including annual exams, PAP testing, contraceptive services, genitourinary care, STD testing, and colposcopy.

Laboratory Services

Laboratory services, including routine blood counts, Strep and Mono testing, and urinalysis, are available in the Health Center. The Health Center also offers an extensive list of lab tests available to students through contracted laboratories. A minimal charge is assessed for some laboratory services and testing. Students will be informed of this charge prior to the testing.

Allergy Injections

Allergy injections can be arranged at the Student Health Center for a nominal fee. The student's personal physician or allergist supplies the allergens and written orders. Students are required to make an appointment with a Student Health Center physician/medical provider before starting allergy injections. All orders must be updated yearly.

HIV Testing and Counseling

Confidential HIV testing is provided at the Student Health Center. Counseling referrals are available to help students make healthy lifestyle decisions.

Immunizations

The clinic offers a variety of immunizations to help students meet departmental and college requirements and to prepare themselves for international travel. **The Student Health Center recommends the meningococcal vaccine and a yearly flu shot.**

Patient Education

Patient education occurs during every patient contact and is viewed by the Student Health Center staff as one of our prime responsibilities. Each visit is an opportunity for educating college students about their health, their medical care, their health choices, and the appropriate use of medical facilities and resources.

Peer Education

This is an outreach program where student peer educators present programs on topics such as alcohol and drug abuse, sexual assault, AIDS/STDs, campus violence, sexuality choices, and other critical issues that affect college students.

NO SHOW FEE

Please note that students who do not keep their appointment will be charged a \$10.00 No Show Fee this fee will be added to their student bill. Students, who arrive late, don't show up for their appointment or cancel their appointments at the last minute prevent other students from being seen. Students must cancel their appointment at least 24 hours prior to the scheduled time. Please call (608) 785-8558 and select Option 1 (day or night) to cancel your appointment. Services offered by the Student Health Center are valuable resource to all students.

Disability Resource Services

(608) 785-6900 (TTY)

165 Murphy Library

<http://www.uwlax.edu/drs/>

The Disability Resource Services Office provides services to students identified with disabilities. Students who request accommodations that are disability-related are required to contact this office. Documentation of their disability will be required in order to receive accommodations. Students with a physical, sensory, diagnosed learning disability, AD/HD, or a psychological disability are provided a variety of services from which to choose through Disability Resource Services.

Services available for students with disabilities may include, but are not limited to: disability advising, note-taking, lecture/textbook taping, test-taking accommodations, readers, interpreters, tutoring, pre-registration, accessible computers, and support groups. Some students with disabilities may also qualify for services from the Student Support Services Grant on campus, but they first need to register through the Disability Resource Services Office. Even those students who have a mild disability, one that does not usually interfere with academic work, may find it beneficial to discuss their adjustment to campus life with a staff member.

Counseling and Testing Center

(608) 785-8073

1st Floor Wilder Hall

<http://www.uwlax.edu/counseling/>

The staff at the Counseling and Testing Center is very interested in the well-being of your student, and know that most UW-L students experience challenges and difficulties, which sometimes cannot be handled alone. Oftentimes academic success becomes limited by personal problems ranging from career indecision, anxiety, depression, homesickness, interpersonal conflicts, and other concerns expressed by today's college student.

Should you suspect that you are having difficulties that might be resolved by talking with a counselor, please contact the Counseling Center. A large number of the UW-L student community makes use of our services every year, and those who do so report very positive results. Students are occasionally referred off campus to appropriate community resources.

All counseling services are available to enrolled students **free of charge** and are **confidential** in accordance with Wisconsin Statutes. The Counseling and Testing Center is an accredited member of the International Association of Counseling Services, Inc.

The primary counseling services include assessment, individual and group counseling, psychological testing, and career testing. Students seek help for a variety of reasons, including adjustment/transition concerns, anxiety management, grief and loss, relationship problems, depression, and academic difficulties. Each semester the Counseling Center offers test-taking and test-anxiety services to help students become more skilled at taking exams. The Counseling Center sponsors a variety of study skills programs including time management, textbook studying, note taking, and speed reading.

The Counseling and Testing Center also administers national testing programs for UW-L students and other people in the local community. These tests include the ACT, Wisconsin Regional Placement Test, and CLEP Test. The Educational Testing Services (ETS) Computer Based Testing (CBT) program provides a year-round, on-campus facility for several national computerized exams. For more information call (608) 785-8968.

Students can be assured that all personal information discussed with a counselor will remain confidential. Counseling records are not shared with other university departments or family members without a student's written permission. State and Federal laws strictly regulate exemptions to this policy. Counseling records, tests, and related information do not become part of the official university record.

The Counseling and Testing Center is in the Division of Student Development and Academic Services and is part of a comprehensive program of student services offered to every student at UW-L. The Center is accredited by the International Association of Counseling Services, Inc.

“Caring, Compassionate, Confidential”

Violence Prevention Office

(608) 785-5123

(608) 386-1895

306 Wimberly Hall (M-F, 9:00-4:00)

www.uwlax.edu/violenceprevention

Help for Sexual Assault, Relationship Violence, and Stalking

UW-L recognizes that violence in any form interferes with the work and learning taking place in our community. Often, someone who experiences a sexual assault, violence or abuse in a relationship, or stalking may find that they have difficulty focusing on work or on their studies. The Violence Prevention Office (VPO) is here to assist you with advocacy, information, and support, so that you can make informed choices about the options available to you in these situations. Services are free, confidential, and available to all UW-L students, faculty, and/or staff members.

Relationship violence is controlling, abusive, and/ or aggressive behavior in an intimate relationship. Warning signs for relationship violence can include excessive jealousy, isolations, intimidation, pushing, shoving or yelling.

Sexual assault is an unwanted or non-consensual sexual contact. Sexual assault is a crime.

Stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. Common stalking behaviors include following you, monitoring your phone calls or e-mail communications, or sending unwanted texts, e-mails, cards/ letters or gifts.

Wellness Resource Center

(608) 785-8977

141 Graff Main Hall

<http://www.uwlax.edu/wellness/>

The goal of the Wellness Resource Center is to empower students by providing them with the knowledge and tools necessary to lead a healthy, balanced lifestyle. The Wellness Resource Center offers educational programs, advocacy, and serve as a resource for college students related to a variety of health issues.

One topic that the Wellness Resource Center focuses a lot of its efforts on relates to drug and alcohol abuse. The Wellness Resource Center works to provide honest, straight-forward information to help students make healthy choices regarding substance use. Additionally, they do programming related to stress reduction, healthy relationships, nutrition, and overall wellness. If you have any questions regarding your wellness, please don't hesitate to contact them.

Career Services

(608) 785-8514

Lower Level, Cartwright Center

<http://www.uwlax.edu/careerservices/>

One important part of the educational experience is finding a meaningful career. The Career Services Office assists students in their career decision-making by helping them identify career options, learn about potential employers, gain relevant experiences, and conduct their job search. Services available to students include the following:

- **Individual Career Advising Appointments:** Students meet with advisers to explore internship opportunities, job market and employment trends in their field, and to discuss job search strategies and graduate and professional school options that match their career and life goals.
- **Cooperative Education and Internship Program:** The Career Services Office coordinates over 800 internship experiences allowing students to gain experience related to their academic and occupational goals. Planning for an internship begins early, commonly in their sophomore year.
- **Eagle Opportunities:** Students register online to search for internships and jobs and to share their resume with prospective employers.
- **Job Search Tools:** Advisers guide students through the job search process by assisting them with resumes, cover letters, and interviewing skills.
- **Graduate School Assistance:** Students meet with career advisers for assistance with graduate school searches and the application process.
- **Career Events:** Career Services sponsors several major career events each year. These events provide students an opportunity to visit informally with representatives from health services, education, business, government, and industry. Cooperating employers visit campus to share information with students on career options with their organizations.
- **Presentations:** Career Services staff members regularly speak to classes and student groups about career-related topics.

University Centers

(608) 785-8888

212 Cartwright Center

<http://www.uwlax.edu/uc/>

University Centers consists of six components: Activities, University Bookstore, Textbook Service, Facility Operations, Campus Dining Services, Meal Plans and University Identification Cards.

I. Activities

(608) 785-8866

212 Cartwright Center

Student activities and involvement contribute greatly to the student's overall educational experience. Co-curricular involvement provides opportunities outside the classroom for students to gain meaningful life skills. The sooner a freshman student becomes comfortably established on campus, the better the student will feel about classes and about him/herself. Joining a student organization is one of the easiest ways to make friends and ease the transition into college. Staff provides daily assistance to approximately 180 recognized student organizations in areas such as program planning and implementation, fund raising, publicity, leadership development, and financial assistance with grants and one-shot requests. Staff members also advise the campus programming organization, Campus Activities Board, which sponsors activities such as concerts, comedians, coffeehouse performances, lectures, and performing arts. The Campus Activities Board events may be found at: www.uwlax.edu/CAB.

UWL MYORGS

<https://uwlmyorgs.collegiatelink.net>

UWL myorgs provides students with on-line convenience for managing and tracking student organizations, leadership and co-curricular participation. Students can log on to the myorgs site, review current student organizations, and express interest in joining a club! Existing club members can communicate via e-mail, recruit new members, create news articles or announcements, post events, use discussion forums, create surveys, assign tasks, and much more. In addition, students can track their involvement in student organizations and leadership positions. By doing this, students can develop a student involvement transcript that may be useful as they develop a resume and job search.

Diversity Center

(608) 785-5092

46 Cartwright Center

The Diversity Center provides all students a place to interact with students from all walks of life and communities. The Diversity Center is located in the lower level of the Cartwright Center and provides office space for all members of the Diversity Organization Coalition (DOC) at UW-La Crosse. The DOC uses the Diversity Center for a number of events such as; organization meetings, coffee hours, receptions, and as a place to hang out or study. This space is designed by the students of the DOC and attempts to increase the appreciation of diversity on campus and within our community.

Greek Life

(608) 785-8869

212 Cartwright Center

<http://www.uwlax.edu/greeklife/>

Becoming part of the Greek community at UW-La Crosse is one way to get involved on campus. There are two national sororities (Alpha Phi and Alpha Xi Delta) and three national fraternities (Delta Sigma Phi, Sigma Alpha Epsilon, and Sigma Tau Gamma) represented at UW-L. The chapters on our campus provide leadership skills, scholarships, participation in community service, and friends for a lifetime.

Involvement Center

(608) 785-6600 222 Cartwright Center
<http://www.uwlax.edu/uc/involvement/>

The Involvement Center assists students in finding volunteer and involvement opportunities that fit their needs and interests. Peer advisers are available to discuss student interests and make referrals to student organizations or local community agencies.

Pride Center

(608) 785-8870 42 Cartwright Center
<http://www.uwlax.edu/pridecenter/>

The Pride Center is devoted to serving UW-La Crosse students and members of the community that identify themselves as gay, lesbian, bisexual, transgender, queer or questioning, as well as their allies (GLBTQQA). The Center provides resources and educational programs on GLBTQQA issues, homophobia, and heterosexism. Additionally, the Pride Center provides a SAFE place for the GLBTQQA community, and students with GLBTQ family members.

The Safe Space

(608) 785-8870 42 Cartwright Center

The Safe Space provides gay, lesbian, bisexual, transgender, queer or questioning students, faculty, staff, and their allies (GLBTQQA) a location on campus where they feel welcomed. It contains publications and information about GLBTQQA issues, and is designed as a support area.

U-LEAD/Leadership Program

(608) 785-8869 212 Cartwright Center

The U-LEAD Program at UW-La Crosse is a self-directed leadership program. In the spirit of our mission, U-LEAD is open to all students wishing to enhance their skills and abilities as leaders. Participants choose workshops, programs, events, and activities that fulfill basic criteria in the following development areas: Involvement, Cultural Awareness, Volunteerism, and Leadership Workshops. U-LEAD provides a certificate of completion at an annual recognition ceremony. Once enrolled, the Student Activities Office assists in tracking participation in these components, providing weekly updates and support, and participant recognition.

Cartwright Center Services

ATMs
Audio/visual equipment
Card/cash photocopiers
Cartridge Refills
Cartwright Graphics
Catering services
Commuter student lounge
Computer lab
Dining & meeting areas
Diversity Center
Event Support Services
Fax service
Greek Organizations
ID Cards
Information Desk/Ticket Office
Lockers
Meal Plans
Photo processing
Pride Center/Safe Space
Ride board
Student gift program
Student government offices
Student newspaper
Student organizations room
Study spaces
TV/reading lounges
University Reservations
Vending machines

II. University Bookstore

(608) 785-8855 Lower Level, Cartwright Center
bookstore@uwlax.edu

The University Bookstore offers an assortment of leisure reading books, course study aids, magazines, and classroom resource material not offered through Textbook Rental. Also available in the store are insignia sportswear, gifts and novelties, cards, stamps, balloons, flowers, Cartwright gift cards, school supplies, art supplies, ink cartridges, basic electronics, and calculators. Customers can send or receive faxes, have film processed, refill printer ink cartridges, special order books, order "Just Because" gifts for on-campus delivery, and cash personal checks for up to \$25.00. Purchases may be made by: cash, check, VISA, MasterCard, Tower Tender, Tower OneCard debit cards, and Cartwright cards.

IV. Facility Operations

Student Center Facility Operations provides a broad range of services to support the academic mission and leisure needs of UW-L students.

Cartwright Center Computer Lab

264 Cartwright Center

The computer lab provides students with a quiet environment to do computer-based class assignments, access the Internet, and check e-mail. When school is in session, the computer lab is open extensive hours seven days a week.

Cartwright Graphics

(608) 785-6488

Lower Level, Cartwright Center

<http://www.uwlax.edu/uc/resources/index.htm#graphics>

Cartwright Graphics primarily works with members of student organizations, providing assistance regarding the development of publicity materials and assistance related to the promotion of events. Most services are free or low-cost.

Information Counter

(608) 785-8877

First Floor, Cartwright Center

(608) 785-8898

Ticket Office

The Information Counter is a service center for all students and guests. In addition to providing campus information, the Information Counter provides audio/visual support, copy machine assistance, and a lost and found. Tickets for many campus events are sold from this location, including tickets to Campus Activities Board events, and student organization sponsored events. Jefferson Bus Line tickets and MTU bus passes are also available for students, faculty and staff. Additionally, Tower Tender may be added to an existing account.

La Crosse Room

Lower Level, Cartwright Center

The La Crosse room houses the Pride Center, Safe Space, Diversity Center, TV Lounge, student organizations space, and Cartwright Center Graphics.

University Reservations & Event Support Services

(608) 785-8892

223 Cartwright Center

<http://www.uwlax.edu/uc/reservations/index.htm>

University Reservations & Event Support Services assists the university community by coordinating reservations and services, offering information for event planning, and acting as a liaison with the University. The Reservations Office offers audio visual equipment and assistance for events and meetings occurring in Cartwright Center. In addition, they can assist with scheduling classrooms (when classes are not scheduled), fundraisers and outdoor events. Event Support Services consists of experienced technicians and event planners that help student organizations develop and produce events of all sizes. Their professional staff is trained to assist with anything from playing background music for an event to providing full concert production support.

V. Campus Dining Services

(608) 785-8891

223 Cartwright Center

<http://www.uwlax.edu/uc/resources/index.htm#dining>

University dining services are administered through the University Centers Office and are provided by a contracted food service company. Chartwells, a private company selected on a competitive bid basis on both price and program, provides the dining service program at UW-L. University personnel monitor all dining services to ensure compliance with the contract and to assist in providing quality dining services to the students.

Meal Plans

Whitney Center Menu Hotline: (608) 785-8899

<http://www.uwlax.edu/uc/resources/index.htm#dining>

The University currently offers meal plans of 19, 14 and 10 meals per week. Included in the cost of each meal plan is \$50 in dining dollars which is placed in the student's debit account to provide increased dining options. Students on a meal plan have the option to eat at locations other than the food court dining room. This meal transferability can be used twice each day in Cartwright Center (The Galley for breakfast, The Cellar, or Trattoria). Students are allowed one transfer per day to The Sub Shop (located in Badger Street Station), and two transfers are allowed per day to dine at Chars (located at Whitney Center), which features a variety of fast food options. Students are required to have their TowerCard/ID with them to use the meal plan, and may not share their TowerCard or meal plans with other students.

The Reuter Block Plan is available for students living in Reuter Hall. This plan consists of 75 meals and \$50 in dining dollars. The Reuter Block Plan can be used in any of the campus restaurants when they are open.

An off-campus block meal plan is also available. The initial plan is a block of 50 meals that can be eaten anytime throughout the academic year. Students can add blocks of 10 meals to their plan at any time.

Whitney Center

(608) 785-8610

<http://www.uwlax.edu/map/whitneyctr.html>

This is the primary campus dining facility, serving students on several traditional meal plans, block meal plans (the Reuter and the off-campus block plans), and the Tower Tender plan. Students and guests may purchase meals with cash in the dining rooms. Students may use three of their meals each week (Friday dinner – Sunday dinner) as guest meals when friends or family members visit. Diners may select their meals from the deli, pizza/pasta, specialty food and hot entree counters, or the salad, breakfast, and dessert bars. Special meals—in addition to picnics and theme nights—are planned each semester to provide meal variety to students. The dining service also provides special “sick trays” for students who are ill, sack meals for group activities and students with scheduling conflicts.

Badger Street Station

(608) 785-6857

Whitney Center

Badger Street Station is a convenience store that offers merchandise ranging from snacks to take along on road trips, to laundry detergents for use in the residence halls. Badger Street Station also includes a deli that can be used for transferability.

The Sub Shop

(608) 785-6841

Whitney Center

Located inside Badger Street Station, The Sub Shop is a popular option for those wanting to grab milk or soda and a quick submarine sandwich on wholesome, homemade French or wheat bread.

Cyber Café

First Floor, Cartwright Center

Located in the State Room on the first floor, the Cyber Café offers a variety of specialty coffees, cappuccino, bottled beverages, and smoothies. Additional items available include pastries, muffins, and soft-serve frozen yogurt.

Cellar Music Café

(608) 785-8700

Lower Level, Cartwright Center

This dining venue offers a unique dining atmosphere complete with TV, music, and free live entertainment every Thursday evening at 7:00 p.m. It has a short-order counter and provides students with social opportunities with an “off-campus” atmosphere.

Murphy’s Mug

First Floor, Murphy Library

Murphy’s Mug, featuring Caribou Coffee products, offers a variety of coffees, lattes, cappuccinos, and teas. Additional items include pastries, light salads, sandwiches, and soup.

Chars

(608) 785-8584

Whitney Center

This dining option features a fast-food menu with charbroiled burgers, veggie burgers, chilibogs, cheese dogs, chicken sandwiches, specialty salads, stuffed baked potatoes, French fries, soda, and milk. A second dining option is added on a rotating basis. Chars is located in Whitney Center.

Galley

(608) 785-6843

First Floor, Cartwright Center

Located in Cartwright Center, The Galley offers a broad array of dining options, ranging from light snacks to full meals. A la carte meals can be selected from the extensive salad bar, the Mexican line, the grill, or the deli. Students can select a hearty breakfast from the grill, or a bagel and fresh fruit, a bowl of low-fat soup in a bread bowl, or the entree of the day. Fresh-baked desserts and a variety of beverages can be found in this area.

Trattoria

(608) 785-6844

First Floor, Cartwright Center

Trattoria is an Italian eatery located next to the Galley. Menu offerings consist of pizza, pasta selections, freshly prepared sauces, Italian salads, stir fries, and breadsticks.

VI. University Identification Cards: TowerCard Office

(608) 785-8891

223 Cartwright Center

<http://www.uwlax.edu/toweronecard/>

The TowerCard serves as the official UW-La Crosse form of identification. For students, this card is valid during all terms they are enrolled. Upon request, ID cards must be presented to university officials. Students will receive their card in the mail about two weeks after their photo is taken. All ID cards need to be activated through HigherOne, even if the student does not choose to have a OneAccount. ID cards may not be shared with other students or non-students. Students should carry their ID card with them at all times as they are required for university services. The TowerCard Web site offers students a convenient way of managing their TowerCard accounts at any time. Account holders can view their Tower Tender account history, check their balance, and make deposits to their account via credit card or by having the amount charged to their university bill. This site also has a link to the **www.UWLTowerOne.com** Web site where account holders can manage their OneAccount, if they choose to have one.

The Tower Card provides numerous benefits, both to the University and to the student.

- **The Official ID** – The TowerCard is the official ID used for access to residence halls, computer labs, dining services, strength centers, Recreational Eagle Center, and library services. It also serves as a bus pass for transportation on the city bus system. Students must have their ID card with them to access these services.
- **Tower Tender** – Tower Tender is an internal university prepaid debit account that offers the advantage of convenience, security, and accountability, and minimizes the need to carry cash on campus. Tower Tender may be used at all campus dining locations, the UW-L Bookstore, Textbook Services, the Badger Street Station convenience store, the Cartwright Center Ticket Office, The Recreational Eagle Center, residence hall laundry machines, most soda/pop machines, and copy machines. Deposits to Tower Tender may be made online by parents using a credit card at: <http://card.uwlax.jsatech.com/>.
- **External Debit Card for the OneAccount** – If you are interested in this, you will need to request the feature at the 2nd floor of Cartwright Center. If students choose to open a OneAccount with HigherOne (described below), they can use their ID card as a debit card off campus wherever MasterCard debit is accepted, as well as on campus at the Bookstore, Galley, and Cyber Café.

The convenience of banking is connected to the ID card: the OneAccount

When students first activate their ID card, they have the option of also opening a OneAccount, which is an FDIC insured checking account. Benefits of using the OneAccount include:

- No monthly fee, no minimum balance banking
- No-fee ATM withdrawals at HigherOne ATMs located on campus (Recreational Eagle Center and outside the Cyber Café, Cartwright Center)
- The OneAccount can be used to make debit purchases wherever MasterCard debit is accepted (32 million merchants worldwide)
- Students can receive financial refunds faster than by electronic fund transfer or paper check
- Family and friends can send money electronically to a student's account simply and easily
- Students can use the simple and powerful online statement to keep track of spending
- Students can set up auto transfer of funds to Tower Tender accounts for on-campus purchases and services (this feature is called Campus Autoload)
- Students can learn more about the OneAccount on the HigherOne Web site:
www.UWLTowerOne.com

The OneAccount is a bank account and traditional banking fees will be charged. Please review all fees for this account at: <https://uwtowerone.higheroneaccount.com/info/outfees.jsp>.

Recreational Sports Department

(608) 785-5225

<http://www.uwlax.edu/recsports/>

Recreational Eagle Center

What do you want to play today? UW-L students study hard, work hard, and play hard. Once you put down your books, check out the REC Sports Department! They have programs and facilities designed to help you stay active, meet new friends, and reduce your stress levels.

Facilities

Looking for a court to play your three-on-three game or how about an indoor track for those cold winter months? With a combined total of over 400,000 square feet of activity space, Mitchell Hall and the Recreational Eagle Center offer numerous facilities to meet all of your indoor sporting and fitness needs. www.uwlax.edu/recsports/Recreational_eagle_center

Outdoor Connection Gear Rental

With rugged bluffs, scenic valleys, and the majestic Mississippi flowing through, the La Crosse area has many opportunities for you to begin your first or next outdoor adventure. UW-L offers programs that will teach you new skills before you start that outdoor activity. There are also many opportunities to take part in group excursions and earn certification in different activities. With state-of-the-art training facilities and a wide variety of equipment for rental use, you'll have all of the tools you'll need to start exploring! www.uwlax.edu/recsports/oc_EquipmentRental

Fitness Classes

UW-L offers a variety of exercise classes that meet all different types of interests, fitness levels and schedules. For everything from kickboxing and step aerobics, to power yoga, the fitness program offers it all. www.uwlax.edu/recsports/fitness_main

Intramurals

Tradition, teamwork, and good clean fun!

The Intramural Sports Program is one of the most popular UW-L extracurricular activities on campus. The program provides a great way to meet new people and continue playing the sports you have grown to love. Intramurals offers team, dual, and individual sport leagues where participants compete for the coveted intramural champion t-shirt. You can organize your own team or utilize the free agent list. The Rec Sports staff organizes the leagues, supervises play, monitors and tracks league standings, and organizes the tournaments; all you have to do is be a good sport and have a great time. www.uwlax.edu/recsports/intramural_sports

Special Events

Something for everyone!

The Recreational Sports Program and Student Activities and Centers offer a variety of unique recreation/sport events throughout the year. There is something for everyone and activities include: tournaments, skill competitions, road races, endurance challenges and mini festivals held in the R.E.C. Try new activities, win prizes, meet new friends and have a blast with us! www.uwlax.edu/recsports/special_events

Climbing Wall

The sport of rock climbing is a great alternative to traditional exercise; it develops strength, improves endurance and increases self-confidence! Whether you are a beginner or experienced climber, UW-L's climbing wall has something for you! This state of the art facility simulates a variety of rock formations and utilizes hundreds of moveable hand and foot holds to provide participants a fun mental and physical challenge.

The climbing wall is located in the Recreational Eagle Center and all essential climbing gear is available to UW-L students at no charge (includes: harnesses, belay devices, climbing ropes, and shoes). www.uwlax.edu/recsports/REC_climbing_wall

Club Sports

Travel, camaraderie, and good times are a few hallmarks of the UW-L Club Sport Program. Club Sports provide support and leadership to sport and recreation oriented student organizations. Each club is organized and led by students for students.

Active Clubs Include:

Aikido, Alpine Ski Team, Equestrian, Lacrosse, Martial Arts, Men's & Women's La Crosse, Men's & Women's Rugby, Men's Soccer, Men's & Women's Volleyball, Snowboarding, Trekker Outdoor, Ski Club, Ultimate Frisbee, Water Ski and Wakeboard, Women's Hockey, Weight Lifting/Power Lifting and Triathlon.

www.uwlax.edu/recsports/club_sports_main

Employment

The Recreational Sports Department employs over 200 students. It truly is a program for the students by the students. Positions available include; lifeguards, fitness instructors, officials, scorers, first aiders, building managers, intramural supervisors, special event supervisors, outdoor connection staff, climbing wall staff and office assistants.

www.uwlax.edu/recsports/employment.html

Memberships

Current UW-L students are members of the Recreational Eagle Center and may purchase a Recreational Eagle Center membership for their spouse/partner at a discounted rate.

www.uwlax.edu/recsports/REC_membership

Campus Area Places of Worship

Assembly of God

River of Life Assembly of God – 782-2780
1214 Cty. Rd. PH, Onalaska
Services: Sun. 8 a.m. & 10:30 a.m.

Baptist

First Baptist Church (ABC/USA) - 782-6553
1209 Main St., La Crosse
Services: Sun. 10 a.m.

Faith Baptist Church (Independent) - 788-1165
3615 S. 28th St., La Crosse
Services: Sun. 10:45 a.m. & 6:30 p.m.

Island Park Baptist
(Southern Baptist Convention) - 783-1272
2548 Lakeshore Dr., La Crosse

Catholic

Roncalli Newman Center - 784-4994
1732 State St., La Crosse
Mass Schedule: Sat. 5 p.m., Sun. 9 &
11:15 a.m., 7 p.m. Daily Mass – 12 noon

Churches of Christ

First Church of Christ - 784-4667
724 Cass St., La Crosse
Services: Sun. 10 a.m. & Wed. 7 p.m.

Church - Jesus Christ of Latter Day Saints

Church of Jesus Christ – LDS - 783-4636
701 Well St., Onalaska

Congregational

First Congregational Church (UCC) - 784-8137
2503 Main St., La Crosse
Services: Sun. 8 a.m. & 10 a.m.

Eastern Orthodox

St. Elias Eastern Orthodox Church - 782-8641
716 Copeland Ave., La Crosse
Services: Sun. 10 a.m.

Episcopal

Christ Episcopal Church - 784-0697
111 N. 9th St., La Crosse
Services: Sun. 8 & 10:15 a.m.

Evangelical Free

First Evangelical Free Church - 782-6022
1950 Hwy 35, Onalaska

Hmong

Hmong Faith Alliance Church – 784-8711
2127 Pine St., La Crosse

Mosque

Islamic Society Othman Bin Afaan Mosque
1722 State St, La Crosse
(608) 784-7176

Jewish

Congregation Sons of Abraham - 784-2708
1820 Main St., La Crosse
Services: Sat. 10:20 a.m.

Lutheran

English Lutheran Church (ELCA) - 784-9335
1509 King St., La Crosse
Services: Sat. 5 p.m., Sun. 8:30 & 10:45 a.m.

Faith Lutheran Church (LCMS) - 782-3696
1407 Main St., La Crosse
Services: Sat. 6:30 p.m. & Sun. 10:15 a.m.

First Evangelical Lutheran (WELS) - 784-3867
400 West Ave. S., La Crosse
Services: Sat. 5:30 p.m., Sun. 8 & 10:15 a.m.

Methodist

Wesley United Methodist Church - 782-3018
721 King St., La Crosse
Services: Sun. 10 a.m.

Presbyterian

First Presbyterian Church - 784-4248
233 West Ave., La Crosse
Services: Sun. 8:30 & 10:30 a.m.

Seventh Day Adventist

Seventh Day Adventist Church - 782-4038
2117 La Crosse St., La Crosse

Society of Friends (Quakers)

Meets at Crossroads Campus Center
126 N. 17th St., La Crosse
For more information call 784-7600

Non-Denominational

Point of Grace Community Church – 781-4722
544 N. 2nd Ave. Ste 200, Onalaska (office)
Services: 9:30 a.m. (Holmen H.S)

Banking Services of La Crosse

Altra Federal Credit Union www.altra.org/	2715 Losey Blvd. S.	(608) 787-4500
Associated Bank www.associatedbank.com/	605 State St. 2402 N Rose St. 1630 Losey Blvd. S.	(608) 796-4200 (608) 781-1500 (608) 782-7144
Community Credit Union www.communitycu.com/	311 Main St. 3130 South Ave.	(608) 779-2400
Coulee Bank www.couleebank.net/	1516 Losey Blvd. S.	(608) 784-9550
M & I Bank of La Crosse www.mibank.com/	1300 Rose St. 3500 Hwy. 16	(608) 782-6866 (608) 781-8834
M & I Bank of Onalaska www.mibank.com/	1145 Main St.	(608) 783-1511
Marine Credit Union www.marinecu.com	127 West Avenue N.	(608) 784-7329
Park Bank www.parkbankplace.com/	700 State St.	(608) 782-2265
River Bank www.riverbank.biz/	4401 Mormon Coulee Rd. 1232 Rose St.	(608) 788-6300 (608) 784-8900
State Bank of La Crosse www.statebankoflacrosse.com	401 Main St. 5501 Mormon Coulee Rd.	(608) 784-4600 (608) 788-0400
US Bank www.usbank.com/	201 Main St. Suite 100	(608) 782-8101
Wells Fargo Bank-La Crosse www.wellsfargo.com/	305 5 th Ave. S.	(608) 784-7000

LA CROSSE LIFE

Note: The University of Wisconsin-La Crosse and the Graduate Student Organization make no endorsement or promote any of the businesses listed herein. The list by no means includes all businesses and is intended to be for information only.

Places to Eat

Close to Campus

Kate's on State	1810 State St	(608) 784-3354
Eagle's Nest	1914 Campbell	(608) 782-7764
Rudy's Drive-in	1004 LaCrosse St	(608) 782-2200
Tequila	515 West Ave	(608) 796-2961
Jim Bobs	Across from Cartwright Center	
Gracies	Across from Cartwright Center	

Downtown

Fayze's	135 4 th St	(608) 784-9548
Buzzard Billy's	222 Pearl St	(608) 796-2277
Pizza Doctor's	24 King St	(608) 784-0450
Freighthouse	107 Vine St	(608) 784-6211
Piggy's	501 Front St	(608) 784-4877
Co-op Deli	620 Cass St	(608) 78-3287
Pickerman's Deli	327 Jay St	(608) 782-7087
Hackberry's Bistro	315 5 th Ave	(608) 784-5798

Onalaska

Don't forget to check out the multitude of restaurants in Onalaska and out by Valley View Mall. There are many excellent restaurants to choose from. *Bon app'etit!*

Things to Do

Baseball

The La Crosse Loggers, a college baseball team, play throughout the summer at Copeland Park. Check out www.lacrosseloggers.com for schedules and information. Tickets are available at the gate or by calling 785-1195.

Bowling

Pla-Mor Lanes	807 S 4 th St	(608) 784-3043
All-Star Lanes	4735 Mormon Coulee	(608) 788-7827
South Lanes	4107 Mormon Coulee	(608) 788-0838

Back to Nature

Hixon Forest	2702 Quarry Rd	(608) 784-0303
Myrick Park	2000 La Crosse St	
Riverside Park	Downtown, near the Mississippi River	
Granddad's Bluff	Drive east on Main St. to reach the top!	
Goose Island Campground		(608) 788-7018
Pettibone Beach	On the other side of the river!	
Mt. La Crosse	www.mtlacrosse.com	(608) 788-0044
Marineland Diver Center	www.divecenters.com	(608) 783-3186

Live Entertainment

The La Crosse Center is the place to be for large-scale entertainment in this area. Located downtown at 300 Harbor View Plaza, a variety of artists draw crowds year-round. Call 789-7410 for event information.

There's always plenty of live music and entertainment downtown – check it out!

The Vibe	332 Jay St	
Nighthawks Tap	www.nighthawksblues.com	(608) 785-7427
Popcorn Tavern	www.popcornatavern.com	(608) 782-9069
Howie's/Loon's	www.loonsonlacrosse.com	(608) 784-7400
Riverjacks	1835 Rose St	(608) 781-7070
Starlite Lounge	222 Pearl St	(608) 796-0905
<i>Comedy Nights</i> –	Tuesday:	Riverjacks
	Wednesday:	Howie's
	Thursday:	Starlite Lounge

Movie Theatres

Marcus Cinema	2032 Ward Ave	(608) 788-1285
Carmike Cinemas	4400 Hwy 16	(608) 781-5511
Rivoli	117 4 th St	(608) 784-7761

Public Library

The La Crosse Public Library is located at 800 Main St. Call 789-7100 for information on setting up an account – or stop in!

River Cruises

Julia-Belle Swain	http://www.juliabelle.com/	(608) 784-4882
La Crosse Queen	www.greatriver.com/laxqueen/paddle.htm	(608) 782-4805
Island Girl	http://www.islandgirlcruises.com/	(608) 784-0556

Working Out

Curves	1010 19 th St South (608) 784-5700	www.curves.com
YMCA	1140 Main St (608) 782-9622	www.laxymca.org

LA CROSSE AREA INFORMATION

La Crosse Area Convention and Visitor's Bureau: www.explorelacrosse.com

Non-Emergency Numbers

Police: 785-5962
Fire: 789-7100

Hospitals

Franciscan Skemp: (608) 785-0940
Gundersen Lutheran: (608) 782-7300

Local Newspaper

La Crosse Tribune www.lacrossetribune.com

Local Utilities

Xcel Energy	www.xcelenergy.com
CenturyTel	www.centurytel.net
Charter	www.charter.net

Copying and Duplication Services

Engelhart Printing & Digital Services	(608) 788-1445
Insty-Prints Instant Printing	(608) 788-5005
Miller Quick Print	(608) 781-9465
MBA Prints	(608) 785-2760
Sir Speedy Print & Copy Center	(608) 783-6440
Spectragraphics Printing	(608) 781-8646
The UPS Store	(608) 782-6966

Other Websites of Interest

www.cityoflacrosse.org
www.discoveronalaska.com
www.la-crosse.wi.us

Professional Organizations

La Crosse Chamber of Commerce	www.lacrossechamber.com
La Crosse Project Management Institute	www.lacrossepmi.org
Association for Operations Management	www.winonalacrosseapics.org
American Society for Quality	www.asq1216.homestead.com

Recreational and Social Organizations

La Crosse Velo Club	www.lacrossevelo.com
Bluff Busters Triathlon Team	www.bluffbusterstriteam.com
River City Running Club	www.rivercityrunningclub.org