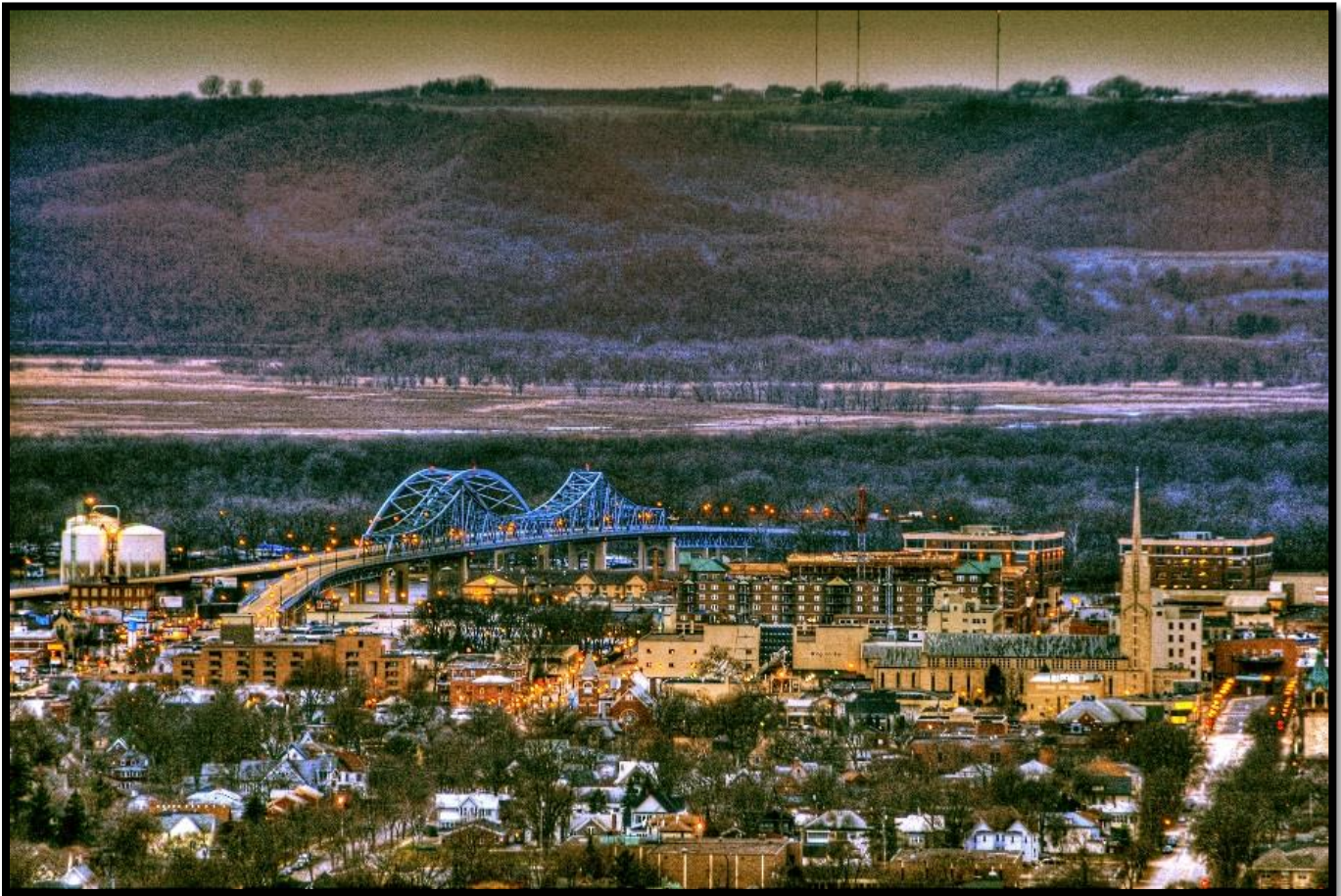


# Guide to Living in La Crosse





# Welcome

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## **Welcome to the La Crosse Community!**

This handbook details the resources that the community of La Crosse has to offer and it will function as your guide to the community. Enjoy perusing this handbook and we hope to see you soon!





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# Living in a Different Culture

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- Culture shock is the emotional experience when a person moves into a culture different from their home culture.
  - Frustrations arrive from the verbal and nonverbal communication of a new culture.
  - The differences people may experience include food, unacceptable standards of cleanliness, different bathroom facilities, and/or fear of personal safety.
- **Four Stages of Culture Shock**
  - Stage One: Excitement
    - The new country is interesting, the people are friendly and helpful, and the future looks promising.
  - Stage Two: Withdrawal
    - Problems begin to arise, possibly with language or shopping. Everything feels different, strange, and frustrating. The person might come to realize that their social or professional status in their new culture differs from what they are used to in their home culture. People begin to dislike the culture and criticize/mock the people.
  - Stage Three: Adjustment
    - The person begins to feel more settled and confident in dealing with the new culture as well as becoming more comfortable speaking the language. They now understand and accept more of the culture.
  - Stage Four: Stability
    - The community is beginning to feel like home. People enjoy and function well within the culture. They understand and adopt certain cultural traits from the host culture.
- **Steps to Cope with Culture Shock**
  - Get involved in the community.
    - Enjoy your new environment and get to know La Crosse. Eat dinner downtown, hike up the bluffs, or spend time around the Mississippi River.
  - Be open to new experiences and meeting new people.
  - Put effort into maintaining relationships. Once you spend time with new friends, you will begin to learn more about them and trust will be gained.
  - Make time for yourself to relax and rest.

# Transportation

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There are many ways to get around the La Crosse community, the state of Wisconsin, and the United States. Below are just a few of your options.

- **Municipal Transit Utility (MTU):**
  - This bus service travels throughout Lacrosse, Onalaska, and La Crescent (MN). To use this service, people can pay for your ride each time with money, or they can buy a bus pass for a month or a year.
    - The route map can be found at this link: [Route Map](#)
- **Enterprise Rent A Car**
  - 227 3<sup>rd</sup> St South
    - (608) 785-7400
  - 2850 Airport Dr
    - (608) 781-5094
- **Taxi Service:**
  - 1-800-TAXI-USA that is your one-stop shop for taxi service.
- **Uber or Lyft**
  - La Crosse has the personal car transportation applications Uber and Lyft.
  - Download either the Uber or Lyft application on your mobile device and follow the set up procedure on the application to begin requesting rides.
- **La Crosse Airport:**
  - La Crosse has one regional airport that offers daily flights across the United States.
- **Bus Lines:**
  - Besides MTU, La Crosse offers multiple options for traveling outside the community by bus. The options are:
    - [Badger Bus](#) (only has select routes around Wisconsin and the Twin Cities area)
    - [Greyhound](#)
    - [Jefferson Lines](#)
- **Amtrak Train:**
  - The Amtrak train runs throughout the United States. To purchase tickets or learn about traveling by Amtrak, click the link in the title.
- **Driver's License:**
  - Click [here](#) and learn the details of how to gain a driver's license in the state of Wisconsin.

# Shopping

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Here is some general advice when shopping in the United States.

- Make sure to compare prices from different stores if you want to find the cheapest price.
  - o The same item is often sold for different prices in different stores. Ask your friends or colleagues which stores have the best prices.
- Prices in the stores are fixed and the customer does not bargain with sales clerks.
- Sales tax is not included in the price sticker, but is added at the register.

## Shopping Malls and Centers

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- Valley View Mall is the shopping mall in La Crosse. In malls, the stores are all connected indoors so shoppers never have to walk outside once they enter a store. To see a list of all the available stores, visit this link: [Directory of Stores](#)
  - o Valley View Mall
    - 3800 Highway 16  
La Crosse, WI 54601
- Shopping centers connect many stores together, but shoppers have to walk outside to enter different stores.
  - o The Village Shopping Center
    - 2418 State Road  
La Crosse, WI 54601
  - o Bridgeview Shopping Center
    - 2500 Rose Street  
La Crosse, WI 54601
  - o Crossing Meadows Shopping Center
    - Wisconsin Highway 157  
Onalaska, WI 54650

# Buying Groceries

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## - **Grocery Stores:**

- These types of stores sell produce and food, as well as some personal hygiene and cleaning supplies.

- [Festival Foods](#)

- Village Shopping Center  
2500 State Road  
La Crosse, WI 54601
- 30 Copeland Avenue  
La Crosse, WI 54061
- Crossing Meadows Shopping Center  
1260 Crossing Meadows Drive  
Onalaska, WI 54650

- [Aldi](#)

- This is a store where items are sold at a discounted rate.
- 3133 Market Place  
Onalaska, WI 54650

- [Indochinese Grocery Store](#)

- This is a specialty grocery store where they specialize in international food.
- 704 La Crosse Street  
La Crosse, WI 54601

- [Woodman's Markets](#)

- Woodman's is a store where consumers can buy products in bulk quantities, and they sell international along with domestic foods and products.
- **You can only use cash or a debit card here.**
- 9515 Highway 16  
Onalaska, WI 54650

## - [People's Food Co-op](#)

- Food co-ops are grocery stores whose produce comes from locally owned farms and businesses, and they strive to be as sustainable and environmentally friendly as possible.

- 315 5<sup>th</sup> Avenue South  
La Crosse, WI 54061

## - [Farmers' Markets](#)

- The farmer's market in La Crosse occurs in many locations throughout the community. Here local farmers come and sell their produce to people in town. This is a great place to go to find fresh produce and to support local farmers.

# Clothing and Housewares

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There are many different kinds of stores that sell clothing and items for your household.

- **Supermarkets:**

- o Supermarkets are large self-service stores that sell foods and household goods.

- [Walmart](#)

- 4622 Coulee Road  
La Crosse, WI 54601
- 3107 Market Place  
La Crosse, WI 54601



- [Target](#)

- 9400 Highway 16  
Onalaska, WI 54650



- **Department Stores**

- Department stores sell clothing, shoes, appliances, dishes, pots/pans, bedding, toys, and many other items.

- [JCPenny](#)

- o 3700 State Road 16  
Valley View Mall  
La Crosse, WI 54601



- [Sears](#)

- o 4200 Highway 16  
Valley View Mall  
La Crosse, WI 54601



- [Kohl's](#)

- o 9404 Highway 16  
Onalaska, WI 54650





- **Thrift, Resale, and Consignment Stores**

- At these stores, consumers can purchase gently used or secondhand items. This is a great place to buy items such as clothing, dishes, games, and furniture at a discounted price.

- [The Salvation Army Thrift Store](#)

- 728 Copeland Ave  
La Crosse, WI 54601



- [Goodwill](#)

- 3954 Mormon Coulee Road  
La Crosse, WI 54601
- 200 Theater Rd  
Onalaska, WI 54650



- [Plato's Closet](#)

- Here they mainly carry young adult & teen clothing styles.
- 3133 Highway 16  
La Crosse, WI 54601



- [Once Upon a Child](#)

- Here they carry items for children. This includes clothing, books, toys, baby equipment, and furniture.
- 3133 Highway 16  
La Crosse, WI 54601



- **Hardware Stores**

- Hardware stores sell many household goods, small appliances, home improvement supplies, and tools.

- [Menards](#)

- 223 Lang Drive  
La Crosse, WI 54601



- [Kroner True Value Hardware](#)

- 319 Pearl Street  
La Crosse, WI 54601



- [Ace Hardware](#)

- 4242 Mormon Coulee Road  
La Crosse, WI 54601



# Seeking Medical Treatment

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There are many different medical care options in the United States including hospitals, emergency rooms, urgent care centers, and walk-in clinics.

- **Urgent Care or Walk-In Clinic**
  - One of the best options for care
  - No appointment necessary and longer hours than a hospital
  - Deal with many non-life-threatening medical issues
    - Examples of reasons to go to Urgent care: flu, sprain, minor cut, severe sore throat, or fever without a rash
  - The cost is much lower than the emergency room
  - Typically accept a wide variety of insurance plans
- **Emergency Room (ER)**
  - Open 24 hours a day, 7 days a week
  - Designed to deal with severe and life-threatening conditions
    - Examples of reasons to go to the ER: uncontrollable bleeding, difficulty breathing, chest pain, or persistent vomiting
  - Have the widest range of services for after-care hours, including diagnostic testing and access to specialists
  - The most expensive treatment option
  - Able to get people the care that they need and transfer them to the hospital if extended care is necessary
- **Gundersen Hospital**
  - This hospital is located in La Crosse. Below are links for the services they offer.
    - [General Hospital](#)
    - [Urgent Care](#)
    - [Emergency Room](#)
    - [Pharmacy](#)



## Gundersen Health System

1900 South Avenue

La Crosse, WI 54061

- **Mayo Clinic Health System-Franciscan Healthcare**
  - This hospital is also located in La Crosse. Below are links for the services they offer.
    - [General Hospital](#)
    - [Urgent Care](#)
    - [Emergency Room](#)
    - [Pharmacy](#)



Mayo Clinic Health System-Franciscan  
Healthcare

700 West Avenue South  
La Crosse, WI 54601

- If you are unsure about whether you need to be seen by a doctor or where you should go in, Gundersen hospital provides a 24 hours a day/7 days a week hotline in which you can speak to a Nurse Advisor who will help answers those questions.
  - Nurse Advisor: (608) 775-4454

# Prescription Medications

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In the U.S., it is required to have a prescription from a doctor in order to obtain a prescription medication.

- You can obtain a prescription from a doctor from one of the medical care centers if your medical condition warrants one.
  - In the U.S., you will have to go to a local pharmacy to pick up your medication.
  - It is likely that you will have to pay for your medication in full. Keep a receipt to submit to your insurance company for reimbursement, along with whatever other documentation that your insurance plan requires.
- There are many different places to pick up your prescription. These are a few of the most popular options:
  - Both Gundersen and Mayo hospital have their own pharmacy on-site where you can pick up your prescriptions.
  - Walgreens, Target, Walmart
  - Cass Street Pharmacy, Degen Berglund Pharmacy



Devil's Lake

# La Crosse Community Guide

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- **Visitor's Center:**

- The La Crosse Visitor Center is a great resource for people who are new to the area. The Center provides information on local attractions, places to eat, community life, and general information about the city. The Visitor's Center is located in downtown La Crosse.
  - 400 La Crosse Street  
La Crosse, WI 54061

- **Public Library:**

- The public libraries are a great place where people can borrow books, movies, and CDs, and it serves as a great connection with the community. The library organizes events and programs for the general public, and in addition, it is also a quiet place to study, research, or relax. During the summer, they provide summer reading programs for children and adults alike.
- To learn how to obtain a library card, [click here](#).
- La Crosse is home to three public libraries:
  - La Crosse Public Library (main location)  
800 Main Street  
La Crosse, WI 54601
  - North Community Library  
1552 Kane Street  
La Crosse, WI 54601
  - South Community Library  
1307 South 16<sup>th</sup> Street  
La Crosse, WI 54061

- **Attractions:**

- The website [Travel Wisconsin](#) is the hub for anything dealing with attractions, events, and fun things to do all around Wisconsin.

- **Children's Museum:**

- The Children's Museum offers a hands-on learning experience for children ages 1-12, as well as their guardians. There are three floors of exhibits, a rock wall, and special events going on throughout the year.

- **Restaurants:**

- The La Crosse community boasts a great number of places to eat. The link above includes a list of the majority of the restaurant options in the area. By clicking on a restaurant title, the site will take users to a synopsis about the restaurant, along with its location.

- **Community Activities:**



- [Here](#) is the master calendar of events occurring in the La Crosse community. The calendar details the majority of the events happening in the community with the dates, times, and a brief synopsis for each event.
- [Historic Downtown La Crosse](#) has a guide to downtown, dining, shopping, and other events happening in the downtown area of La Crosse.
- **Community Service Opportunities:**
  - For people who are interested in volunteering in the community, here is a list in PDF format of the many of the organizations who provide community service opportunities: [Community Service Opportunities](#).
- **Banking Services:**
  - La Crosse is home to a variety of banks. The nationwide banks that can be found in La Crosse are
    - [US Bank](#)  
201 Main Street  
La Crosse, WI 54601
    - [Wells Fargo Bank](#)  
305 5<sup>th</sup> Avenue South  
La Crosse, WI 54601
    - [M & I Bank](#)  
1300 Rose Street  
La Crosse, WI 54601
- **Phone Services:**
  - Cell phones can be purchased from [Best Buy](#), [Target](#), or [Walmart](#) for example.
- **Places of Worship:**
  - The La Crosse area is home to a variety of different religious services. [This link](#) leads to a site that lists the majority of the places of worship in the area.



A view from the

# Emergency Resources Information

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- **Emergency Services:**
  - If there is an emergency such as a medical emergency, a fire, or a situation that needs the police immediately, call **911**. This emergency number will connect callers with the three emergency response teams, those being ambulatory services, the police, and the fire department. The above link details when it is appropriate to call 911.
- **Police Department:**
  - Emergency: 911
  - Non-Emergency: (608) 785-5962
  - 400 La Crosse Street  
La Crosse, WI 54601
- **Fire Department:**
  - Emergency: 911
  - Non-Emergency: (608) 789-7260
  - 726 5<sup>th</sup> Avenue South  
La Crosse, WI 54601
- **Medical Emergency:**
  - Emergency: 911
  - Call an ambulance when someone's condition is **life-threatening**, such as a heart attack, an unresponsive person, severe abdominal pain or burns, motor vehicle accident, poisoning, electrical shock, etc.



# Recreation

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- **YMCA:**
  - The YMCA offers recreational activities and equipment. There are swimming pools, work-out classes, weight rooms, and special recreational events. In order to use this facility, a person can purchase a membership or pay by the day.
    - 1140 Main Street  
La Crosse, WI 54601
    - 400 Mason Street  
Onalaska, WI 54650
- **Parks and Recreation:**
  - The La Crosse Parks and Recreation Department coordinates community sports teams and has options for children to join group sports and activities. They host summer activities for children, sports leagues, and equipment rental for outdoor adventures.
    - 400 La Crosse Street #3  
La Crosse, WI 54601
- **Grandad Bluff Park:**
  - This location offers a scenic overlook of La Crosse from the heights of the bluffs. Additionally, there are hiking trails, picnic areas, and shelters.



View from Grandad

# Information for Scholars with Children

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## - Education:

### ○ [Public Schools grades K-12:](#)

- The La Crosse school district offers a variety of schooling options depending on where a person resides within the city. There are 11 elementary schools, 6 middle schools, and 4 high schools. They offer tours by appointment to parents with children who would like to attend the schools. If you are interested in enrolling your child in one of these schools, this [link](#) will take you to their enrollment instructions.

### ○ Private Schools

- Another option for schooling is through private education. Private schools are schools that are not government funded. La Crosse has many of these types of schooling options and they are typically religiously affiliated, but the students who attend the schools are not required to be a member of the faith.

- [Aquinas Middle School and High School](#)

- Grades 7-12

- [Providence Academy](#)

- Grades K-12

- [First Evangelical Lutheran School](#)

- Preschool-8<sup>th</sup> grade

- [Mt. Calvary-Grace Lutheran School](#)

- Preschool-8<sup>th</sup> grade

## - [Childcare:](#)

- Several childcare centers are located in the La Crosse area. Specific information is available by accessing the link.

The Capital Building in



National Freshwater Fishing Hall of Fame



A whitetail deer in the

Miller Park Baseball  
Stadium in

Paul Bunyan and  
Babe the Blue Ox in





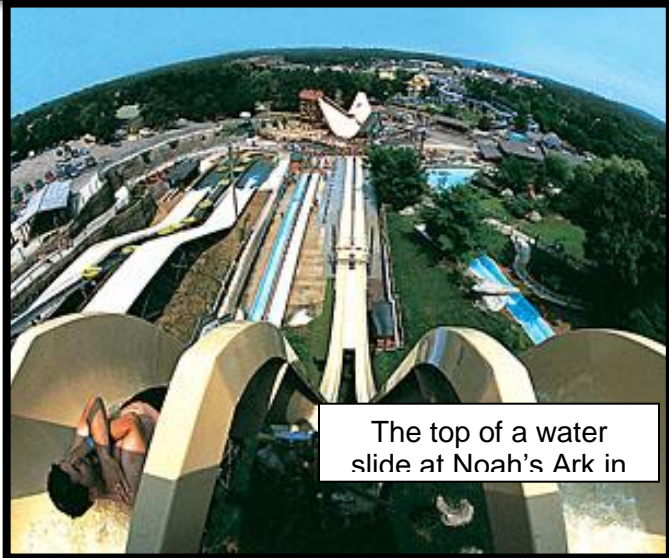
Cows grazing in a



A Green Bay  
Packer's Game at



An aerial view of the  
Milwaukee State Fair



The top of a water  
slide at Noah's Ark in



Oktoberfest in La





# Welcome to Wisconsin

