

# **This Girls First Car**

*Teenage Girls Guide to Safe Car  
Care & Easy Maintenance Tips*

**By: Stephanie Esterline**

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## ***Teenage Girls Guide to Safe Car Care & Easy Maintenance Tips***

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For information, write the publisher:

GI Engineering Co., LLC  
20397 HCL Jackson Drive  
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[desterline@giengineeringco.com](mailto:desterline@giengineeringco.com)

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## Forward:

By Dwayne Esterline

My daughter Stephanie has written this book, at age 17.

It is a remarkable accomplishment for a young driver to learn as much about car care as she has. Through extensive research, and hands on experience, she has identified all of the basic maintenance tips that a young lady needs to know about her first car.

You don't need to study or memorize this book, just browse through it, and keep it in your glove compartment for reference.

And always remember it is best to seek the advice of an experienced person whenever you are trying something new.

Drive Safely!

Trust in the LORD with all  
your heart  
and lean not on your own  
understanding;  
in all your ways acknowledge  
him,  
and he will make your paths  
straight.

Proverbs 3:5-6 NIV

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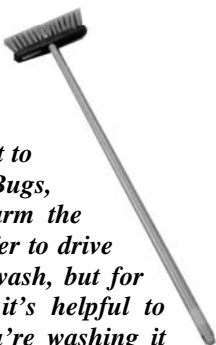
# **The Basics**

# Wash Your Car



## Washing Your Car

*If you want your car's paint to last, it has to be washed. Bugs, tar, salt, dirt, and sand harm the paint job. Many people prefer to drive through an automatic car wash, but for those of us on a budget, it's helpful to know what to do when you're washing it yourself.*



### Exterior-

You will need:



- ~ Hose
- ~ Car washing soap
- ~ Bucket
- ~ Soft brush or rag

Instructions:

1. Use a hose to spray the loose dirt and grime off of your car.
2. Fill your bucket with whatever soap you've chosen.

*(Most soaps that are not designed specially for cars also tend to take off the wax.)*

3. Wash from the top down with a soft brush or rag.
4. For the outside of your windows, you can use a half-vinegar half-water mixture to get them extra clean.
5. To clean your tires, you can either scrub with an old rag, or a tire brush. There are also several types of tire cleaners you can buy if your tires are really bad.

## **Interior-**

*You can either use a wet rag and Windex, or there are different types of cleaners specifically for vinyl or leather or glass, whatever you're looking for. A shop-vac or a vacuum with an attachment will come in very handy, or you can always pay to use one at a car wash. If so, you should vacuum before washing so you aren't using an electrical appliance in a puddle of water.*

# The Hood



## Opening the hood-

*If you've never done this before, it could prove a little more difficult than you'd think. Most cars have two hood latches.*

1. Usually, there is a handle inside down below the steering wheel, near the trunk latch. Pull that and you will hear the hood pop.



*(If there is no handle you may only have an exterior latch.)*

2. Get out of your car and peek under the hood, right near the center. There should be a smaller latch



right under the hood. Pull this and then lift the hood straight up.

3. Many cars have a metal prop bar to hold the hood up. It swings up like a kickstand and sets in an indent on the bottom of the hood, so it doesn't fall down while you are working.



### **Closing the hood-**

1. Lift the hood off of the prop bar and replace the bar to its original location.
2. Lower the hood until it is a few inches from the front of the grill and drop it.

# Jack It Up



## Jacking up and lowering your car

*To rotate tires, change a blown tire, and change the oil, you will have to know how to jack up your car.*

You will need:

~ A car jack



~ Two jack stands



Instructions:

***Jacking up your car***

1. Move your care to level ground and put the parking brake on.
2. Now you're going to have to look underneath the car for the jack lift site. There are a few different types of jack points. Your car may have one or more of the following.

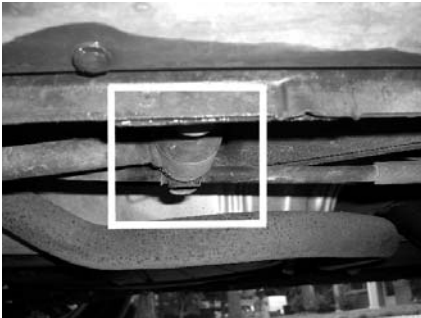
~ A bar that runs lengthwise under your car, one on each side.



~ A half-sphere sticking down somewhere towards the middle of your car, visible when looking between the two back tires.



~A solid joint where the wheel is connected to the car. Just be careful not to pinch any cables.



3. After you find the site, place your jack securely underneath, and begin cranking. Your car will probably creak and make noise, don't be too alarmed, it's normal.
4. After it's jacked high enough, place the jack stand next to the jack at the correct height, and then lower the jack **SLOWLY** until the car is rested firmly and completely on the stand.
5. Now move on to the next site and repeat the process.

(NOTE: **NEVER** *crawl underneath a car supported only by a jack. These are meant to temporarily support the car and it is possible for them to fall, injuring or even killing you.*)

### ***Lowering your car***

1. Put the jack next to the stand and raise the jack until your

car is no longer resting on the stand.

2. Pull the stand out from underneath it and **SLOWLY** lower your car.
3. Repeat for all jack stands.

# The Tires



## Remove/Re-install A Tire-

*To rotate the tires and replace a blown tire, you will have to know how to get them off of the car.*

You will need: (Both come with your car)

~ Car jack



~ 2 jack stands (if rotating tires)



~ Lug wrench (a.k.a. Tire iron)



Instructions:

*How to remove a tire*

1. Turn off car engine and firmly engage parking brake.
2. Remove the plastic cover off of your wheel. (You might have to use the flat end of your lug wrench to pop it off)
3. Use the open end of the lug wrench to loosen (not remove) the lug nuts. If they are too hard to remove, carefully step on the lug wrench and use your weight to break it loose. (lefty-loosy, righty-tighty)



4. If rotating tires, loosen all lug nuts before jacking up the car.

5. Place jack next to the tire that is being removed. Raise 1-2 inches off the ground.
6. If rotating tires, jack up high enough to fit jack stand underneath car.



7. Remove the lug nuts by hand and pull tire off.

### ***How to reinstall a tire***

8. If you can't lift the tire onto the studs of the car, roll it up onto your foot to lift it high enough, or wedge the lug

wrench under the tire and push it up.

9. Hand-tighten each lug nut onto the tire.
10. Slowly lower the jack until the tire is back on the ground.
11. Tighten nuts using tightening pattern.
12. Replace the hubcap or wheel cover.

### **Tightening Pattern-**

Tighten one nut, and then the nut across from it. This ensures that the tire is being tightened evenly.



# Fluids

