

The Breakfast Table Times

TODAY'S NEWS, MADE FOR KIDS

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TOP STORY

Yankees' Win Over Rockies Boosts Playoff Hopes

BRONX, NEW YORK — The New York Yankees beat the Colorado Rockies 6-1 on Tuesday night at Yankee Stadium. The win pushed New York's record to 83 wins and 62 losses this season. The Yankees now sit in second place in the American League East. They also hold the league's top wild card spot. That position would send them to the playoffs if the season ended today. The Rockies, by contrast, have struggled all year with a 55-89 record. New York's pitchers held Colorado to just one run, showing strong form late in the season. Fans hope the team can keep winning as the playoff race heats up in September.

BACKGROUND

Major League Baseball awards wild card playoff spots to strong teams that do not win their division.

Why it matters: Every win now affects the Yankees' chances of making the playoffs in October.

What to watch: Fans will watch to see if the Yankees can hold onto their wild card lead.

Source: ESPN MLB Scoreboard (https://www.espn.com/mlb/scoreboard/_/date/20260909); MLB.com game recap (<https://www.mlb.com/stories/game/823500>); Baseball-Reference box score (<https://www.baseball-reference.com/boxes/NYA/NYA202609080.shtml>)

SPORTS

NFL Season Begins as Teams Prepare for Opening Week

NEW YORK, NEW YORK — The NFL's 2026 season kicks off this week. Teams across the country will play their first games. Fans have waited months since last season ended. Excitement is building in cities nationwide. The New York Giants released their schedule earlier this year.

Their season begins in the coming days. Teams spent the summer at training camps. They worked on new plays and conditioning. Coaches say the extra practice should help teams start strong. Millions of fans are expected to watch the opening games on TV and in stadiums.

BACKGROUND

NFL teams typically train for months during the offseason before the regular season begins.

Why it matters: The season opener marks the start of months of games that decide which teams make the playoffs.

What to watch: Fans will watch how teams that trained hard over summer perform in real games.

Source: NFL.com 2026 Schedule (<https://www.nfl.com/schedules/2026/by-week/week-1>); Giants.com schedule release (<https://www.giants.com/news/nfl-schedule-2026-new-york-giants-tickets-information-cowboys-eagles-commanders>); CBS Sports 2026 NFL Schedule (<https://www.cbssports.com/nfl/news/2026-nfl-schedule-dates-times/>)

OUR TEAMS

New York Yankees Yankees 6, Rockies 1

New York improved to 83-62 and holds the AL's top wild card spot heading into the season's final weeks.

SCIENCE & TECH

NASA's September Guide Encourages Stargazing

WASHINGTON, D.C. — NASA released its monthly skywatching guide for September 2026. The guide offers tips for anyone hoping to look up at the night sky. It highlights simple things to notice, like the moon's changing phases. It also points out bright planets visible without a telescope. Skywatching has become a popular hobby in recent years.

It requires little more than a clear night and some patience. NASA says even city dwellers can spot bright objects away from streetlights. Teachers sometimes use these guides to plan lessons about the solar system. For many families, a night of stargazing offers a simple way to enjoy science together.

BACKGROUND

NASA has published monthly skywatching guides for years to help the public enjoy astronomy.

Why it matters: Simple stargazing can build interest in science among students and families.

What to watch: Clear nights this month offer good chances to spot the moon and bright planets.

Source: NASA Science, What's Up: September 2026 Skywatching Tips (<https://science.nasa.gov/solar-system/skywatching/whats-up-september-2026-skywatching-tips-from-nasa/>)

NASA Photo Feature Highlights Solar Eclipse Images

WASHINGTON, D.C. — NASA's Astronomy Picture of the Day recently featured striking eclipse images. They show the moon's shadow sweeping across Earth. The feature was titled 'Chasing the Moon's Shadow.' It highlighted photos from the brief moments when the moon blocks the sun's light.

Photographers often travel long distances to witness a total solar eclipse. The path of darkness only crosses a narrow strip of Earth. NASA regularly shares images like these to celebrate science and photography together. For students, a real eclipse photo can make the science easier to understand.

BACKGROUND

A total solar eclipse happens when the moon lines up exactly between Earth and the sun.

Why it matters: Eclipse photos help people understand a rare event that only happens in certain places at certain times.

What to watch: Future eclipses are predictable years in advance, so photographers already plan for the next one.

Source: NASA Science, APOD: 2026 September 5 – Chasing the Moon's Shadow (<https://science.nasa.gov/image-article/apod-2026-september-5-chasing-the-moons-shadow/>)

SOUTHERN MAINE

Sunny Labor Day Gives Way to Unsettled Weather in Maine

PORTLAND, MAINE — Labor Day brought sunny skies across Maine this year. It gave families one more warm, clear day before summer faded into fall. Many people spent the holiday outdoors, enjoying mild temperatures and blue skies. By midweek, though, the weather shifted, bringing clouds and unsettled conditions to parts of the state.

This kind of shift is common in early September. The region is transitioning from summer warmth toward cooler autumn air. Forecasters often note that early September can bring sunny stretches followed quickly by rain or wind. For Southern Maine residents, changeable weather is simply part of the season.

BACKGROUND

Early September often brings shifting weather patterns as summer turns toward fall in the Northeast.

Why it matters: Weather swings affect outdoor plans and local events across Southern Maine.

What to watch: Residents can expect more changeable weather through the rest of September.

Source: WGME, Labor Day brings wall-to-wall sunshine in Maine before weather turns unsettled midweek (<https://wgme.com/news/local/weather-09-07-2026>)

GOOD NEWS

Portland's Concert Season Rolls On This Fall

PORTLAND, MAINE — Portland, Maine's live music scene remains busy this fall. Several concerts are still scheduled at outdoor venues like Thompson's Point. The waterfront venue has hosted a wide range of shows throughout 2026. It has drawn fans from across the region. Even as summer ends, organizers have kept a strong lineup through September.

For many residents, these shows are a favorite part of late summer. They offer a chance to enjoy live music outdoors before colder weather arrives. Local businesses near the venues often benefit too, as concertgoers stop for food and shopping. City officials say events like these help support the local economy.

BACKGROUND

Thompson's Point has grown into one of Portland's most popular outdoor concert venues.

Why it matters: Local concerts support small businesses and give residents fun things to do close to home.

What to watch: More shows are scheduled through the rest of September before the outdoor concert season ends.

Source: WCYY, The Ultimate Guide to Portland, Maine's Remaining 2026 Concerts (<https://wcyy.com/portland-maine-remaining-concerts-calendar-2026/>); WCYY, All of the Big Concerts Happening in Portland, Maine, in 2026 (<https://wcyy.com/concerts-portland-maine-thompsons-point-2026/>)