

The Breakfast Table Times

TODAY'S NEWS, MADE FOR KIDS

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TOP STORY

U.S. Officials Hold Talks on Middle East Tensions

WASHINGTON — American diplomats held talks this week about tension in the Middle East. The discussions focused on safety near Yemen and the Strait of Hormuz. That narrow waterway carries much of the world's oil. Officials also talked about ongoing contact with Iran.

Leaders hope calm talks can prevent bigger conflicts in the region. Any disruption in the strait could affect gas prices at home. The State Department said it will keep working on the issue this week.

Why it matters: *This matters because unrest near key shipping routes can raise fuel prices around the world.*

Source: ProfileNews, 'Daily Report September 14 2026: Hormuz, Yemen and Trump-Iran Talks,' <https://www.profilenews.com/en/daily-report-september-14-2026/>

GOVERNMENT

Congress Returns to Work on Budget

WASHINGTON — Congress went back to work in Washington this week. Lawmakers released a list of upcoming votes. Much of their time is going toward the yearly budget. That budget decides how much money each government department gets. Officials also shared new rules in a public record called the Federal Register.

Budget choices affect schools, roads, and other services people use every day. Leaders from both parties are talking about how to spend the money. They hope to avoid delays that could slow down government work. People can read updates on official government websites.

Why it matters: *The federal budget affects funding for schools, roads, and many other public services.*

Source: U.S. Government Publishing Office, 'House Calendars for September 15, 2026,' <https://www.govinfo.gov/app/details/CCAL-119hcal-2026-09-15>; GovInfo, 'Federal Register Vol. 91, No. 177, September 15, 2026,' <https://www.govinfo.gov/app/details/FR-2026-09-15>; U.S. Department of State, 'Public Schedule – September 15, 2026,' <https://www.state.gov/releases/office-of-the-spokesman/2026/09/public-schedule-september-15-2026>

MONEY & WORK

Budget Talks Could Affect Paychecks, Prices

WASHINGTON — Money experts are watching budget talks in Washington. Lawmakers must agree on a new budget soon. The budget decides how much money each agency gets. If they wait too long, some offices could run short. That might delay paychecks for workers and companies.

Businesses that work with the government are watching too. Experts say budget delays can shake the stock market. Families might notice changes in help programs, like food aid. Lawmakers say they are working hard to finish on time. They hope to avoid any delays this year.

Why it matters: *Budget delays can affect paychecks and services that many families depend on.*

Source: Wikipedia, '2026 United States federal budget,' https://en.wikipedia.org/wiki/2026_United_States_federal_budget; CNBC, 'Politics and Government News,' <https://www.cnbc.com/politics/>

SCIENCE & TECH

NASA Shares New Space Photo Puzzle

WASHINGTON — NASA has shared its September puzzle for 2026. The puzzle shows a photo taken from space. NASA does not say right away what the photo shows. People can guess which satellite took the picture. NASA's Earth Observatory has shared these puzzles for many years.

The puzzles help people learn about satellites and our planet. NASA usually shares the answer a few days later. Teachers sometimes use the puzzles in science class. Anyone can try the puzzle online for free.

Why it matters: *The puzzles help people understand how satellites study Earth's weather and land.*

Source: NASA Science, 'September 2026 Satellite Puzzler,' <https://science.nasa.gov/earth/earth-observatory/september-2026-satellite-puzzler/>

SPORTS

Giants Beat Cowboys 28-20

EAST RUTHERFORD, N.J. — The New York Giants defeated the Dallas Cowboys on Sunday. The final score was 28 to 20. The game took place in New Jersey. Giants players scored touchdowns in multiple quarters. Their defense also forced key turnovers late in the game.

Coaches praised the team's effort after the win. This victory improved the Giants' record for the season. Fans at the stadium cheered throughout the fourth quarter. The team will look to build on this momentum next week.

Why it matters: *Winning games against division rivals can boost playoff chances later in the season.*

Source: ESPN, 'Cowboys-Giants (Sep 13, 2026) Final Score,' https://www.espn.com/nfl/game/_/gameId/401872930/cowboys-giants

Yankees Face Twins in Minnesota

MINNEAPOLIS — The Yankees traveled to Minneapolis to play the Twins on Monday. This game came during a busy part of the season. Both teams want to reach the playoffs this year. Every game right now matters a lot for their chances.

The Yankees' pitching has been watched closely in recent weeks. Coaches make lineup choices based on each opponent's strengths. Fans in both cities followed the game with great interest. Full stats from the game were still being counted after it ended.

Why it matters: *Every late-season game affects which teams make the playoffs.*

Source: ESPN, 'Mets 12-2 Yankees (Sep 12, 2026) Final Score,' https://www.espn.com/mlb/game/_/gameId/401816909/mets-yankees; ESPN, 'Yankees vs. Twins (Sep 14, 2026) Box Score,' https://www.espn.com/mlb/boxscore/_/gameId/401816938

OUR TEAMS

New York Yankees Final score not available at press time

The Yankees played the Minnesota Twins in Minneapolis on Monday; check ESPN's box score for full details once posted.

SOUTHERN MAINE

Maine's Fall Events Feature Music and Comedy

PORTLAND, MAINE — Maine has several fun events this week, says the Portland Press Herald. Singer Sierra Hull will perform for local fans. The comedy group Umbilical Brothers will also put on a show. Organizers say fall is a busy time for arts in Maine.

Families can pick from music, comedy, and other fun events. Some venues offer cheaper tickets for students and families. Local leaders hope the events bring visitors to Maine's coastal towns. You can find more details on each venue's website.

Why it matters: *Local arts events support Maine's economy and give families fun options close to home.*

Source: Portland Press Herald, '7 Maine events this week include Sierra Hull, The Umbilical Brothers,' <https://www.pressherald.com/2026/09/14/7-maine-events-this-week-include-sierra-hull-the-umbilical-brothers/>

Maine Voters to Pick Governor, Senator This Fall

AUGUSTA, MAINE — Maine voters will head to the polls this November for major elections. They will choose a new governor to lead the state government. Voters will also decide Maine's U.S. Senate race this year. That race could affect the balance of power in Washington.

Campaigns have been underway for months as candidates make their case to residents. Local election officials are preparing polling places across the state. Maine has a history of close, closely watched statewide races. Residents are encouraged to register early and review candidate information before voting.

Why it matters: *These elections will decide state leadership and could affect the U.S. Senate's balance of power.*

Source: Wikipedia, '2026 Maine gubernatorial election,' https://en.wikipedia.org/wiki/2026_Maine_gubernatorial_election; Wikipedia, '2026 United States Senate election in Maine,' https://en.wikipedia.org/wiki/2026_United_States_Senate_election_in_Maine

GOOD NEWS

Kindness Stories Highlighted This Week

AROUND THE U.S. — Good news outlets around the world highlighted stories of kindness this week. Neighbors organized fundraisers to help families facing hard times. Community groups hosted fairs and events that brought people together. Volunteers spent weekends cleaning parks and helping local shelters.

Positive news sites say these stories often get less attention than negative headlines. Readers say the stories help balance out heavier news each day. Organizers hope more people will share acts of kindness in their own communities. Small gestures, they say, can inspire larger change over time.

Why it matters: *Stories like these can inspire more people to help their neighbors.*

Source: Good News Network, <https://www.goodnewsnetwork.org/>; Sunny Skyz, 'Good News Stories,' <https://www.sunnyskyz.com/good-news/>; Global Good News, <https://www.globalgoodnews.com/>