

The Breakfast Table Times

THE NEWS, MADE SIMPLE

SUNDAY, SEPTEMBER 20, 2026

EDITION NO. 28

PAGE 1 OF 2

TOP STORY

Congress Avoids a Government Shutdown

WASHINGTON — SEPT. 19, 2026 — Lawmakers in Washington had a big job this week. They needed to pay for government programs. If they did not act, many offices could close.

This is called a shutdown. Congress passed a short-term bill instead. The bill keeps money flowing for now. Leaders will keep talking about a longer plan.

BACKGROUND

The government needs new funding every year to keep running.

Why it matters: This helps keep schools, parks, and other services running smoothly.

What to watch: Watch for more news as Congress works on a bigger funding deal.

NATION & WORLD

Iran and U.S. Talk About Future Talks

TEHRAN — SEPT. 19, 2026 — Iran and the U.S. rarely talk. This week, a top Iranian leader spoke out. He said Iran has new conditions for talks.

Other countries are passing along the message. Leaders hope this could lead to real talks. No meeting date has been set yet.

BACKGROUND

Iran and the United States have had tense relations for years.

Why it matters: Better talks could lower tensions in the Middle East.

What to watch: Watch for news about whether formal talks begin soon.

SCIENCE & TECH

NASA Shares Tips for Watching the Sky

WASHINGTON — SEPT. 19, 2026 — NASA shared tips for watching the sky this month. September is a great time to see stars. You might spot bright planets after sunset.

The moon will show different shapes all month. NASA says a clear night is best for looking up. Grab a blanket and look up with your family.

BACKGROUND

NASA studies the sky and shares tips every month.

Why it matters: Watching the sky can teach kids about space for free.

What to watch: Look for the moon and bright planets this week.

SPORTS

Diamondbacks Beat Yankees 5-3

PHOENIX — SEPT. 19, 2026 — The New York Yankees played the Arizona Diamondbacks. The game was on Saturday night. The Diamondbacks won the game five to three.

Yankees fans were disappointed by the loss. The team will try again in their next game. Baseball season is heading toward its final weeks.

BACKGROUND

The Yankees are one of baseball's most famous teams.

Why it matters: Every game matters as teams push for the playoffs.

What to watch: See how the Yankees bounce back in their next game.

OUR TEAMS

New York Yankees

Lost 5-3 to the Arizona Diamondbacks

Arizona built an early lead Saturday night and held on to beat New York as the regular season heads into its final weeks.

SOUTHERN MAINE

Fall Is Coming to Maine

PORTLAND, MAINE — SEPT. 19, 2026 — Maine is moving from summer into fall. The air feels cooler in the mornings now. Leaves on trees are starting to change color.

Many families enjoy apple picking this time of year. Farmers markets are still open around the state. Get ready for cozy sweaters and pumpkin treats.

BACKGROUND

Maine's weather changes a lot between seasons.

Why it matters: Cooler weather means new fun fall activities for families.

What to watch: Watch for colorful leaves peaking in the coming weeks.

GOOD NEWS

Good News: Salmon and Clean Water

NATIONWIDE — SEPT. 19, 2026 — Salmon are back in rivers and streams. This is good news! Many groups helped clean the water.

Volunteers fixed holes near streams. Dirt was washing into the water. Now the water is cleaner. Fish and bugs are happy. Nature is healing bit by bit.

BACKGROUND

Rivers and streams are home to many fish and animals.

Why it matters: Healthy waterways keep nature strong for the future.

What to watch: Look for more good news stories about nature each week.