

The Breakfast Table Times

TODAY'S NEWS, MADE FOR KIDS

SUNDAY, SEPTEMBER 20, 2026

EDITION NO. 28

PAGE 1 OF 2

TOP STORY

Congress Passes Short-Term Bill to Avoid Shutdown

WASHINGTON — SEPT. 19, 2026 — Congress faced a tough deadline this week over government funding. Without new funding, parts of the government could have shut down. A shutdown can close offices and delay some workers' paychecks. Instead, lawmakers passed a short-term spending bill called a stopgap measure.

The bill was signed into law just in time. It gives Congress more time to agree on a longer funding plan. Government shutdowns can affect national parks, mail service, and more. For now, most government services will continue as normal. Lawmakers say more budget talks are expected in the coming weeks.

BACKGROUND

Every year, Congress must pass laws to fund the government, or agencies can run out of money.

Why it matters: A shutdown can delay services many families depend on, from national parks to government offices.

What to watch: Watch for whether Congress reaches a longer-term budget deal before the new deadline arrives.

Source: Defense One: <https://www.defenseone.com/policy/2026/09/shutdown-threat-lifted-house-passes-stopgap-spending-bill/415757/>; GovtSchemes.org: <https://govtschemes.org/government-shutdown-2026-update/>

NATION & WORLD

Iran Sets Conditions for Possible Talks With U.S.

TEHRAN — SEPT. 19, 2026 — A top Iranian official spoke this week about talks with the United States. He said Iran has given conditions to outside mediators. Mediators are countries that help pass messages between two sides. The United States and Iran have had tense relations for years.

No direct meeting between the two countries has been announced. Officials say talks could still take weeks or months to arrange. Diplomats around the world are watching the situation closely. Any agreement could ease tensions in the Middle East. For now, both sides continue talking through go-betweens.

BACKGROUND

Iran and the United States have not had normal diplomatic relations for many years.

Why it matters: Talks between the two countries could reduce the risk of conflict in the region.

What to watch: Watch for whether mediators announce a date for direct talks.

Source: The Times of Israel: <https://www.timesofisrael.com/liveblog-september-19-2026/>

GOVERNMENT

Campaigns Heat Up Ahead of Maine's Senate Race

AUGUSTA, MAINE — SEPT. 19, 2026 — Maine's Senate race is heating up this fall. Election Day is coming in November, and candidates are traveling across the state. They meet voters and share their plans. This Senate seat is one of many across the country.

The winner could shift power in Washington. Newspapers and radio stations are covering the race closely. Voters can learn about candidates online. Election officials want people to check their voter registration. They say it is smart to do this early.

BACKGROUND

Every six years, Maine voters choose a U.S. senator to represent the state in Washington.

Why it matters: Senate races help decide which political party controls Congress.

What to watch: Watch for debates and campaign events leading up to November.

Source: Wikipedia: https://en.wikipedia.org/wiki/2026_Maine_Senate_election

SCIENCE & TECH

NASA's New Space Telescope Begins Testing Phase

GREENBELT, MD. — SEPT. 19, 2026 — NASA's new Roman Space Telescope has started an important test phase. This step is called commissioning. Engineers check that every part of the telescope works well. The telescope will study dark energy, far away galaxies, and planets outside our solar system.

Roman can take wide pictures of space in one shot. Scientists hope it will work alongside telescopes like Hubble and Webb. Commissioning can take several weeks to finish. NASA plans to share the telescope's first pictures once testing is done.

BACKGROUND

The Roman Space Telescope launched earlier and is now being prepared for scientific use.

Why it matters: This telescope could help scientists learn more about how the universe is expanding.

What to watch: Watch for NASA's announcement of the telescope's first test images.

Source: Space.com: <https://www.space.com/news/live/nancy-grace-roman-telescope-live-updates-nasa-begins-spacecraft-commissioning-september-2026>

NASA Shares Tips for Watching September's Sky

WASHINGTON — SEPT. 19, 2026 — NASA released its monthly skywatching guide for September 2026. The guide highlights what people can see in the night sky this month. Bright planets are visible after sunset on clear nights. The moon will pass through its usual phases throughout September.

NASA suggests finding a dark spot away from city lights for the best view. Binoculars can help skywatchers spot craters on the moon. No special equipment is needed to enjoy most of the show. NASA publishes a new skywatching guide every month.

BACKGROUND

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

Why it matters: Skywatching is a free way for families to learn about space together.

What to watch: Watch for clear nights this week for the best stargazing.

Source: NASA Science: <https://science.nasa.gov/solar-system/skywatching/whats-up-september-2026-skywatching-tips-from-nasa/>

SPORTS

Diamondbacks Beat Yankees 5-3 on Saturday

PHOENIX — SEPT. 19, 2026 — The New York Yankees fell to the Arizona Diamondbacks on Saturday night. The final score was five to three in favor of Arizona. The Diamondbacks built an early lead and held on to win. Yankees hitters had chances but could not catch up.

The loss came as the regular season nears its final weeks. Every game now carries extra weight for teams chasing playoff spots. The Yankees will look to bounce back in their next matchup. Fans are watching closely as the postseason picture takes shape.

BACKGROUND

The Yankees and Diamondbacks are both trying to strengthen their positions late in the season.

Why it matters: Late-season wins and losses can determine which teams make the playoffs.

What to watch: Watch how the Yankees respond in their next series.

Source: ESPN: https://www.espn.com/mlb/game/_/gameId/401817010/yankees-diamondbacks; FOX Sports: <https://www.foxsports.com/mlb/new-york-yankees-vs-arizona-diamondbacks-sep-19-2026-game-boxscore-96953?tab=boxscore>

Giants Prepare to Face Rams in Week 2

LOS ANGELES — SEPT. 19, 2026 — The New York Giants get ready to face the Los Angeles Rams on Monday. The Week 2 matchup will be played on the road in California. Both teams are looking to build momentum early in the season. Coaches have been preparing game plans throughout the week.

The Giants hope to use the game to show improvement. The Rams will try to defend their home field. Fans on both coasts are excited for the matchup. Kickoff details are available through the NFL schedule.

BACKGROUND

The Giants and Rams are both working to improve their records this season.

Why it matters: Early-season games help set the tone for a team's whole year.

What to watch: Watch how each team's offense performs on Monday night.

Source: Big Blue Interactive: <https://bigblueinteractive.com/2026/09/19/preview-new-york-giants-at-los-angeles-rams-september-21-2026/>; FOX Sports: <https://www.foxsports.com/nfl/week-2-new-york-giants-vs-los-angeles-rams-sep-21-2026-game-boxscore-11194>

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

Southern Maine Eases From Summer Into Fall

PORTLAND, MAINE — SEPT. 19, 2026 — Maine is easing from summer warmth into cooler fall weather. Mornings now feel crisp, while afternoons still offer some sunshine. Leaves on maple and oak trees are beginning to change color. Fall visitors often flock to Maine to see the bright foliage.

Local farms are welcoming families for apple picking and pumpkin patches. Farmers markets remain open across Southern Maine into early fall. Meteorologists say temperatures will keep dropping through the coming weeks. Residents are pulling out sweaters and preparing for shorter days.

BACKGROUND

Maine's seasons change quickly, with warm summers giving way to crisp autumns.

Why it matters: The shift affects everything from farming schedules to tourism in the region.

What to watch: Watch for peak fall foliage in the coming weeks.

Source: WGME: <https://wgme.com/news/arc-maine/september-in-maine-from-summer-warmth-to-fall-chill>

Maine Craft Artists Get New Fall Opportunities

PORTLAND, MAINE — SEPT. 19, 2026 — Maine craft artists have new opportunities to share their work this fall. A recent newsletter from Maine Craft Association highlighted upcoming events. Local makers can apply for fall markets and craft fairs. The group also shared tips for small business owners in the craft field.

Southern Maine towns often host these fairs as tourist season winds down. Shoppers can find handmade goods like pottery, jewelry, and woodwork. Supporting local crafters helps keep Maine's creative economy strong. More events are expected to be announced through October.

BACKGROUND

Maine has a long tradition of craft fairs and local artisan markets, especially in fall.

Why it matters: These events support small businesses and Maine's creative community.

What to watch: Watch local listings for upcoming craft fairs near you.

Source: Shop Maine Craft (Substack): <https://mainecraftsassociation.substack.com/p/september-2026-news-and-opportunities-483>

GOOD NEWS

Good News: Salmon Return, Volunteers Restore Waterways

NATIONWIDE — SEPT. 19, 2026 — This week's good news is about salmon and clean water. Salmon are coming back to rivers where they once had trouble. Volunteers have been fixing potholes near streams. This stops dirt from washing into the water.

Clean streams help fish, bugs, and other wildlife. Community groups say small projects add up over time. Similar work is happening in towns across the country. Organizers hope the good progress continues next year. More good stories may come each week.

BACKGROUND

Salmon populations have faced challenges for decades due to pollution and habitat loss.

Why it matters: Healthier waterways benefit both wildlife and nearby communities.

What to watch: Watch for more local conservation projects announced this fall.

Source: Good Good Good: <https://www.goodgoodgood.co/articles/good-news-this-week-september-19-2026>