I don't live in the D.C area can I get my documents federally apostilled or authenticated in my own state or country?

No.

There is only one place in one city that any person, business, or corporation in the world can file and receive a U.S federal apostille or federal authentication certificate on a legal document.

That is at the lone U.S Department of State's office located in Washington D.C.

The United States Department of State does not have satellite offices anywhere in the U.S or the world.

You also cannot email, text, or fax your documents to them to receive a U.S State Department authentication certificate or apostille certificate.