For one sentinel, it is

AFINAL WALK

at Arlington's Tomb of the Unknown Soldier

By MIKE PESOLI

The Associated Press

two years, Army Sgt. 1st Class Andrew Jay has been dutifully guarding the Tomb of the Unknown Soldier at Arlington National Cemetery.

Rain or shine, snow or sleet, for 24 hours a day, 365 days a year, Jay and

other

guards on



watch duty serve as both protectors and commemorators of a national tribute to America's unidentified and missing ser-

vice members With Jay's final walk scheduled for June 2, this Memorial Day will hold special significance for him as the cemetery

prepares for a string of events honoring those who paid the ultimate price for their country. "It's meant a lot," Jay, 38, told The Associated Press. "I'm going

define me, but it was definitely a defining moment in my career."

The Associated Press was **ARLINGTON**, **Va.** — For the past given rare access to the changing of the guard at the sunrise hour, as the cemetery was still closed to the public.

Jay, who is from Indianapolis, volunteered for the position after serving in the Tennessee-based 101st Airborne Division, which specializes in air assault operations and is known for its record in World War II. He trained for almost 18 months for the guard duty.

"The training is unlike anything I've ever done in my career so far," he said. "It's more than the physical aspect of any other Army school you might think

The guards, also known as sentinels for their watchful duty, train even on their off-days, walking on the mat for two hours straight to build up muscular endurance.

But that isn't the only endurance required of the sentinels.

"It's a lot of mental ability," Jay said. "You have to be locked in SEE FINAL WALK, 2E to try to make for a nine-minute sure it doesn't guard change, but

RIGHT AND BOTTOM: Army Sgt. 1st Class Andrew Jay patrols the Tomb of the Unknown Soldier, May 15, 2025, at Arlington National Cemetery in Arlington, Va.

MIKE PESOLI | AP photos

then also your 30-minute walk. So, what you're thinking about kind of varies between soldier to soldier."

The sentinels spend half an hour walking the mat in the warmer months and an hour during colder months. They perform a dramatic changing of the guard at the grave site that visitors to the Washington area flock to see, marching 21 steps down the mat, turning and facing east for 21 seconds, then north for 21 seconds and then back down the mat for 21 more, repeating the process.

The number refers to the high military honor of the 21-gun salute, which can be heard booming throughout the cemetery and surrounding areas during military funerals on the grounds.



Narcissists and sociopaths in our lives

O, YOU think no one in your extended circle is a narcissist or a sociopath? Or, have you informally diagnosed a number of those who have "done you wrong" into these categories?

The answer is likely somewhere in the middle. When I picked up a copy of "The Sociopath Next Door" several years ago, I was astounded to learn from Harvard psychologist Martha Stout that one in 25 people

could be classified as sociopaths. According to Stout, 4% of ordinary people — one in 25 — has an often- undetected mental disorder. Research for Stout's book came primarily from case studies and 25 years of experience



LIVE LIFE

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possessing no conscience. They have a keen ability to manipulate, and they live to dominate

dealing with cli-

been harmed by

of a sociopath is

The hallmark

ents who have

sociopaths.

and win.

FULLY

Confessions of a sociopath

We hear a lot about narcissism these days. It's all the rage on television talk shows — and has entered mainstream conversations. And there are crossover characteristics between

narcissists and sociopaths that

I'll point out. First, let's examine some chilling dialogue, excerpted from the book, "Confessions of a Sociopath: A Life Spent Hiding in Plain Sight," written under

the pen name of M.E. Thomas. The author is a successful law professor and Sunday School teacher, but her behavior is centered on how to manipulate oth-

"I may have a disorder, but I'm not crazy," the author says. "In a world filled with gloomy, mediocre nothings, people are attracted to my exceptionalism like moths to a flame. This is my

story. "Remorse is alien to me. I have a penchant for deceit. I am confident, intelligent and free of emotions. I am an accomplished attorney and law professor, and I donate 10% of my income to my church.

"I use charm to get people to do things they wouldn't otherwise do. Some may call it manipulation, but I like to think I'm using what God gave me."

Since this is a true story, there may be more of these cases in our midst than we realize!

In his article, "How to Identify a Sociopath Quickly," business author Alan Trapulionis shares an interview he conducted with an admitted sociopath, Dyshae.

"Ever since he was a child, Dyshae remembers feeling

pleasure from manipulating others," says Trapulionis. "To him, it's a game where he gets to 'outsmart' others. Dyshae openly admits that whenever he meets a new person, he instantly sizes them up for any weaknesses he could exploit.

"Dyshae warns people they should be very careful when interacting with someone like him," Trapulionis continues. "He admits that while he hasn't committed any crimes, a strong impulse of physical violence has crossed his mind. He says he gets the most aggressive when he feels disrespected — or when he's losing his own 'game."

SEE ARNOLD, 2E

