Colonel J. Frederick Dente graduated from the George Washington University as a Distinguished Military Graduate in 1996 and was commissioned as a Lieutenant of Armor in the Regular Army.

During his military service COL Dente led tank and scout platoons with 2-12 Cavalry in operational deployments to Kuwait and Bosnia-Herzegovina. He then commanded A/1-63 Armor and HHC/2-2 Infantry through combat operations in Fallujah and An Najaf during OIF II. As a Field Grade Officer he served as the operations officer and later executive officer of 1/89 Cavalry, conducting operations in Baghdad. He also served as the chief of operations for the 1st Infantry Division and RC-East during stability and combat operations in Afghanistan. Finally, he commanded the 1st Squadron 4th US Cavalry, Quarterhorse, as part of a regionally aligned Infantry Brigade committed to AFRICOM.

Training and strategic assignments include; Senior Cavalry Trainer, COBRA 07, at the National Training Center, Strategic Planner for the Secretary of the Army, and Executive Assistant to the Secretary of Defense. Most recently, he served as the Senior US Military Advisor to the Ministry of Peshmerga in Erbil, Iraq.

His military education includes: the Armor Officer Basic Course, The M1A2 Tank Commanders Course, The Scout Platoon Leaders Course, the Armor Captains Career Course, the Command and General Staff College, and the U.S. Army War College. Additionally, he holds a Masters Degree in Adult Education from Kansas State University and a Masters Degree in Strategic Studies from the US Army War College.

COL Dente's awards and decorations include the Presidential Unit Citation, Valorous Unit Award, Bronze Star Medal (5th Award), Defense Meritorious Service Medal, Meritorious Service Medal (5th Award), the Combat Action Badge, the Basic Parachute Badge, and the Army Staff Identification Badge. Colonel Dente is a member of the Order of Saint George, and the Order of Saint Maurice. He is also a lifetime member of the Society of the 1st Infantry Division.