

2023 Extension Council Candidate Bios

Northern District Candidates (2 open seats)

Krystal Sims

Krystal has been a Special Education teacher at Salem Upper Elementary School for the past 14 years. She went to Salem High School and graduated from the University of Missouri Columbia. Krystal helps on the family farm raising American British White Park Cattle. She is also involved in 4-H as a Co-Leader of the Lake Spring 4-H club, Vice President of the Salem FFA Alumni, Salem Special Olympics Coach, and has previously served on the Extension Council as a member and secretary.

Karla Tiefenthaler

Karla has been a resident of Salem since 1991. She is married to Dave Tiefenthaler and have four children and six grandchildren. Karla is an English teacher at Salem R80 High School, member of Walker Rooney Post 99 Ladies Auxiliary and Honor Guard/Color Guard/Rifle Team, owner of Simply Fit With Karla, LLC, Nutrition/Fitness Consulting and Personal Training. Karla has previously served as an Extension Council member and President.