



```
def extract_sentences(title: str, content: str) -> Tuple[List[str], List[str]]:
    paragraphs = [title]
    paragraphs.extend(content.split("\n\n"))
    paragraphs = [x for x in paragraphs if not x.startswith("-- ")] # drop metadata
    paragraphs = [x for x in paragraphs if x.strip()]
    paragraphs = [x.replace("\n", " ") for x in paragraphs] # drop superfluous newlines

processed = []
    pos = []
    for paragraph in paragraphs:
        doc = Models.nlp(paragraph)
        for sent in doc.sents:
            processed.append([x.text for x in sent if x.text.strip()])
            pos.append([x.pos_ for x in sent if x.text.strip()])

return processed, pos
```

