PLAN

- V(acuum) P(olarization) F(unctions)
- α_s from $R(s)$ at high energies: history and current status
- vector and scalar VPF to $\alpha_s^4 n_f^2$: massless and $\mathcal{O}(m_q^2)$ results
- comparison to available predictions
- how it was computed (new and old techniques)
- conclusions