**List of formatting:**

\* All research article formats at Cell Press generally contain the following sections in this order: title, authors, affiliations, contact information, title page footnotes, summary, introduction, results, discussion, limitations of the study, author contributions, acknowledgments, declaration of interests, figure titles and legends, tables with titles and legends, STAR Methods, supplemental information titles and legends, and references. The text (title through references) should be provided as one document. Figures, supplemental information, and the key resources table should be provided separately. The main text (title through references) should be provided as one document, which may also contain the tables. Figures and supplemental information should be provided separately.

*Comment: Done with adjustments. The original methods section is still between the introduction and the results. Because we report our findings in several parts (each comprised of a method and a results section), we left the methods in. We also left the keywords after the abstract/summary, because we could not find instructions where to put them elsewhere.*

\* Please include a paragraph entitled "Limitations of study" that highlights some potential caveats of the work.

*Done.*

\* We discourage novelty claims (e.g., use of the word “novel”) because they are overused, tend not to add meaning, and are difficult to verify.

*Done.*   
\* Please include the Highlights as per our guide to the authors. Highlights are bullet points that convey the core findings of your paper. You may include up to four highlights. The length of each highlight cannot exceed 85 characters (including spaces). On the EM page where you are asked to upload your files, please choose "Highlights" and upload as a Word document.

*Done.*  
\* Please submit a graphical abstract. A graphical abstract is an image that summarizes the main findings of a paper. It adds a rich, visual component to the start of a paper, helping readers to quickly appreciate and understand the central message. The image should be 1200 pixels square at 300 dpi, using Arial font with a size of 12–16 points; smaller fonts will not be legible online. Please refer to our graphical abstract guidelines (http://www.cell.com/pb/assets/raw/shared/figureguidelines/GA\_guide.pdf) for more details and recommendations.

*Done.*

\* Please supply an acknowledgements section after the Methods section.

*Done. (although behind the summary and conclusion)*

\* Please supply an author contributions section after the Limitations of the Study section.

*Done*

\* Titles of all supplemental figures and items, including videos, tables, and schemes, should reference a main item (e.g., “Table S1. [Title], Related to Figure 1” or “Figure S3. [Title], Related to Figure 1 and Table 1”).

*Please note that we uploaded all our supplemental materials on OSF.*

\* In the methods, please avoid using "as described previously" and instead provide sufficient information such that the experiments could reasonably be reproduced without reference to other papers.

*Done.*

\* Please ensure that statements identifying the committee approving the studies and confirming that informed consent was obtained from all subjects must appear in the STAR Methods. The sex and gender, or both, must be reported for human subjects. In cases where this is appropriate, the influence (or association) of sex, gender, or both on the results of the study must be reported. Reporting of the age or developmental stage of subjects is also required.

*Done.*

\* References should be sequentially numbered as they occur in the manuscript, and in-text citations should be written in numbered superscript style, e.g., "Multiple reports support this observation1,2" or "This observation is supported by Smith et al. 1".

*Done.*

\* Please make a statement of declaration of interest interests after the acknowledgements section. Please fill and upload our Declaration of Interest form <http://www.cell.com/pb/assets/raw/shared/forms/di_form.pdf>

*Done.*

\* Please supply figures as separate files with high resolution. Please refer to our guidelines (<https://www.cell.com/iscience/figureguidelines>).

*Done.*

\* For any figures presenting pooled data and/or error bars, the measures should be defined in the figure legends. For example, “Data are represented as mean +/- SEM.

*Done.*

\* Where statistical tests are presented as asterisks, please ensure that the asterisks are defined in each relevant figure legend, together with the name of the statistical test.  This information should also go in the STAR Methods under QUANTIFICATION AND STATISTICAL ANALYSIS paragraph.

*Done.*

\* Please include a STAR Methods section. STAR Methods follows a standardized structure including these specific headings in the following order: RESOURCE AVAILABILITY; EXPERIMENTAL MODEL AND STUDY PARTICIPANT DETAILS (\*Please omit this section if your study does not use experimental models typical in the life sciences (e.g., if your study is computational or physical science research); METHOD DETAILS; QUANTIFICATION AND STATISTICAL ANALYSIS; ADDITIONAL RESOURCES. The list below details the information that should be reported in each section. Please see the STAR Methods guide for more information or contact me for help. Detailed formatting instructions at: <https://marlin-prod.literatumonline.com/pb-assets/journals/research/cell/methods/Methods_Guide_general.pdf>

*Done.*

\* Please add details in the "Data and Code Availability" paragraph, in the "Resource Availability" section, in a structured form: a bullet point for Data, one for Code, one for all other items. Accession codes for this information should appear in the KRT. More information and examples of acceptable statements and approved repositories are at <https://marlin-prod.literatumonline.com/pb-assets/journals/research/cell/methods/Methods_Guide_general.pdf>

*Done.*

\* Please list here under separate headings all the experimental models/study participants (animals, human participants, plants, microbe strains, cell lines, primary cell cultures) used in the study. For each model, provide information related to their species/strain, genotype, age/developmental stage, sex (and gender, ancestry, race, and ethnicity if reported for human studies), maintenance, and care, including institutional permission and oversight information for the studies the experimental animal/human participant study. The influence (or association) of sex, gender, or both on the results of the study must be reported. In cases where it cannot, authors should discuss this as a limitation to their research’s generalizability.

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\* Where statistical tests are presented as asterisks, please ensure that the asterisks are defined in each relevant figure legend, together with the name of the statistical test and the number of biological units. This information should also go in the STAR Methods under QUANTIFICATION AND STATISTICAL ANALYSIS paragraph. Ideally, include all the relevant statistical main factors (F, t values, correlation coefficients, R-square, effect-size, OR/CIs, etc), with degrees-of-freedom, exact p values and number of biological units in the figure legends. Alternatively, you can provide a supplemental excel file with all the statistical information relative to the figures (For example: Fig 1a, two-way ANOVA: factor1 F(X,XX)= XXXX, p=XXXX; factor2 F(X,XX)= XXXX, p=XXXX; interaction F(X,XX)= XXXX, p=XXXX; N= X-X) and mention in QUANTIFICATION AND STATISTICAL ANALYSIS section in STAR methods.

*Done.*

\* You do not currently have a Key Resources Table (KRT). The KRT highlights key reagents and resources used in the paper. The table need not list every item used or generated in the study and does not replace the detailed explanation of the methods and materials used in the study in the STAR Methods text. For details, please refer to the Table Template (http://www.cell.com/pb-assets/journals/research/cell/methods/table-template1.docx) or feel free to ask me for help.

*No idea what they want from me here.*