Page 1:   
I want to push on your suggestion that this PCA suggests 3 populations. 3 groups are labeled, but those labels are decided by your input file, they are not calculated. Can you draw a circle around 3 distinct groups here?  
  
Page 2:

Your PCA doesn’t have the labels, so it’s a bit hard to interpret, here it is with the labels added:  
  
Its somewhat easier to see that there do seem to be 3 distinct groups, one made up of pops 4 and 5 (which migrate between each other, so should be similar), one between 1 and 2 (also migrate), and then 3 is somewhat isolated (except for that one weird individual).  
  
Page3:  
I wonder if this figure would change if you stored by order in the file? Why do you think there is one big pink block on the right? You sampled 10 individuals from each population, and yet there aren’t 5 equally sized groups here.

Page 4:

Perfect interpretation of the data, indeed one pair of populations do not directly migrate with each other, there are 3 populations. I would like to see you tie that hypothesis more to the structure plot. How does this support that idea?  
  
Page 5:

Hit the interpretation from the PCA dead on again, one distinct population that experiences no migration. You need to interpret not just the composition of bars in the structure plot, but also how many individuals are assigned to them. Why are there so many more “green” indivbiduals?  
  
Page 6:  
Indeed there are 5 main populations in this simulation, but there is one recent population that is a mix of several of the other populations. Can you look at this again and try to figure out which it is?