

create users first,
Rails template takes
care of this

users		
PK	user_id	integer
	name	string
	email	string

create contacts after
users

contacts		
PK	contact_id	integer
FK	user_id	integer
	name	string
	email	string
FK	company_id	integer

create this relationship
after creating contacts

create this relationship
after creating company

create company after
the relationship
between users and
contacts is one

company		
PK	company_id	integer
	name	string
	url	string
	description	string