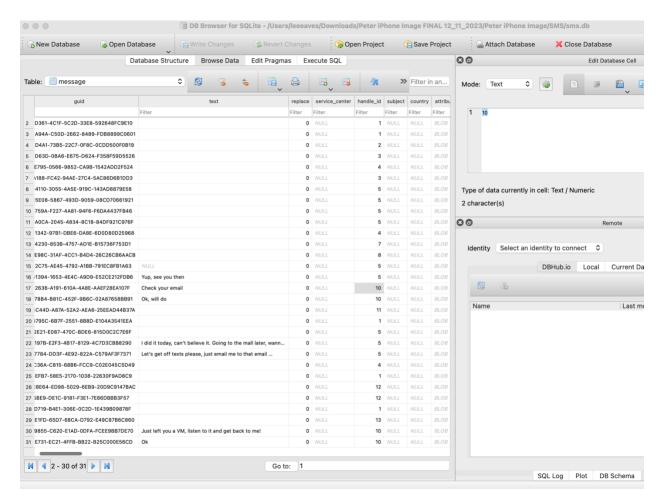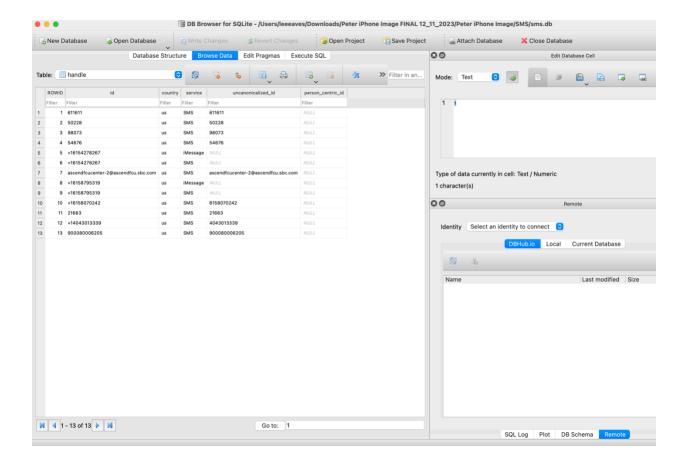In steps:
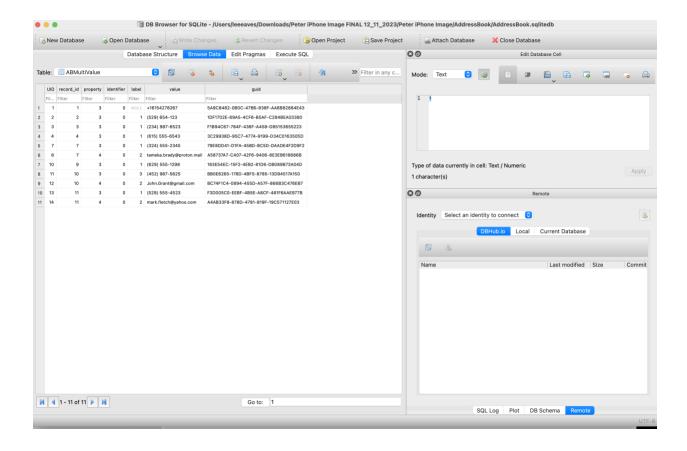
Determine the number you wish to focus on in the below example, we will focus on handle_id 5
SMS.db→message Table→handle_id column

Then examine SMS.db→handle table→ROWID column
Note ROWID 5 has an id of 6154278267

Then examine AddressBook.sqlitedb→ABMultiValue Table→locate 6154278267
Note the column record_id is 1

Then examine AddressBook.sqlitedb→ABPerson Table→locate ROWID of 1
Note the column First is Rosie, and the column Last is Lloyd