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Judy finds life after Martin

WHEN Judy Nelson, an upper-middle-class wife and mother, left her family to set up house with Martina Navratilova, she became an instant tabloid sensation.

Now, years later and a month before her 50th birthday, Nelson says she is happy at last with a new lesbian lover and peace of mind.

"Martina was the first woman I was ever with, and I was devastated when she left me," Nelson says. "But slowly, I discovered that my choice of lifestyle wasn't brought about by Martina, but was my own choice."

Nelson says she's talked it over with pals like Annie Denver, John Denver's ex. "She says you make your choices: to be married, to lead the country club life. Or you can not be married, or wait until your children are grown, then make your own decisions."

Nelson's new book next spring, "The Rest of the Story," will make only parting reference to her af-

fair with Navratilova. "It goes right back to grandparents, and my growing up in Texas," says.

She wrote this one without any professional Rita Mae Brown, another former lover, "encouraging me to write it on my own, from the heart."

But her new lover is working toward a doctorate in English literature, and "I'm sure she's going to be a big help in the editing process," Nelson says.

When we talked, Nelson had just been back to see her junior-high-school friend Betty Bue in "Sunset Boulevard."

"She's wonderful and we're going to get together soon," says Nelson. "Betty is coming down to live with us now, in Charlottesville, Va., to ride horses."

Nelson says she's happy, loves being with her new lover and would advise anyone to make their own choices. "I've just been reading about that New Jersey police lieutenant who's going to have a change," she says. "Good for him."

Writer's a Stone-cutter

GERALD POSNER isn't letting up in his crusade to prove that Oliver Stone, Jim Garrison and others who believe there was a conspiracy behind the assassination of President John F. Kennedy are frauds.

Posner wrote the best seller "Case Closed: Lee Harvey Oswald and the Assassination of J.F.K." He's back in print on Sunday in The New York Times, examining the about-to-be-released files of Garrison, the then-DA who prosecuted New Orleans businessman Clay Shaw (and lost) in the only trial that ever resulted from the president's murder.

The remaining files, he says, "confirm that the prosecution was a travesty." They also confirm that Garrison bugged the conversations of journalists like James Phelan of the Saturday Evening Post and George Lardner of The Washington Post.

Posner talks to the present New Orleans DA, Harry Connick Sr., who says Stone never asked to see Garrison's files when the director was working on his "J.F.K." film.

Connick says he thought the prosecution of Shaw was one of history's grossest miscarriages of justice. "Well, we are going to do the movie, anyway," Connick says Stone told him.

He 'stars' on Page One

FURTHER to Page Six's reference to Michael Thomas and the awkwardness of his being publicly exposed as Nancy Richardson's date in the latest sensational society divorce: Thomas finished his column in the current Observer with the remark that "my friend, Park Avenue astrologer Linda Ashland, tells me my stars are spot-on for what I really want out of life." The column appeared Wednesday, the same morning Thomas found himself pictured on The Post's front page.

Where are the babes, Dad?

