

Long Live, MBHY — Mark Kent Navarro (2026)

All music written, produced, recorded, mixed & mastered by Mark Kent Navarro

Baltimore, Maryland — 2025

Genre: Post-Minimalism, Ambient, Avant-Garde

Tracklist

1. **simula**

[(n) (Tagalog) – beginning, start] When I think back to my childhood, all I can remember is how it was living in my family's home on Hampden Ave decades ago. It was a household held together by a family working to build a brand new life. My family never let my sibling and I realize or felt that we were poor at the time. It never occurred to me until later in life how hard my family fought and worked to thrive: their perseverance. In reality, it was a family of 6 crammed into a tight rowhome in Baltimore City, far away from their homeland. We had each other

2. **n calvert st**

Adulthood. Living in the Station North area of Baltimore City, I went through many changes while living here. It wasn't just me; the entire world was changing. I realized I wanted more for myself and my loved ones. I decided I wanted to work on myself, but I'm my own worst enemy and often stand in my own way. To change and grow means to constantly meet resisting external and internal forces head-on. To become someone new means you have to actually be somebody new. You must find the courage to step outside yourself and try new things; and not just once, but again and again. It's like sculpting a slab of stone that's been weathered by its environment. This stone is already an imperfect shape. How you sculpt it the rest of the way is up to you. Do you leave it be, allowing yourself to be formed entirely by what surrounds you? Or do you take it upon yourself to grab the chisel and begin to chip away, revealing what was there the entire time?

3. **hampden ave**

Infancy. In a tiny Baltimore rowhome in the Remington area, I remember sitting at the top of the staircase just to listen to my lola play the piano. She played almost every day, and I would sit on top of those stairs and listen. Sometimes, on days I felt brave, I would sit with her on the bench and watch her hands. Her favorite piece was Musetta's Waltz. My lolo would sit on the sofa behind us watching college football. My sibling was drawing. Our mom was still at work. My uncle was in his room. Outside, the world continued onward. I still remember how her upright piano sounded to me. I remember how it made me feel. I carry that feeling with me.

4. **hickory ave**

Childhood, pt 1. For a short while, my mom was able to afford a small apartment in the Hampden area for her, my sibling, and I. For the first time that I can remember, it was just the three of us. We had almost no furniture: 2 beds, a small TV, a PlayStation, a sofa, and bins for our clothes. Our mom did her best to provide on a single income. She cared for us. She kept love alive. The PlayStation definitely helped.

5. **42nd street**

Childhood, pt. 2. I barely remember this apartment. We had moved into it from across the street on Hickory Ave.. After this, we all moved back into our lola's place on Hampden Ave. In all honesty, I can't remember if we had actually lived in this apartment first before the one in Hickory Ave. The time we lived here was so brief. I remember Catholic grade school, Happy meals, and being obsessed with chicken nuggets.

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Tracklist (cont'd)

6. lola

[(n) (Tagalog) – grandma.] The family rock. The matriarch. The captain. Whatever she said was law. Everyone sought her advice and her cooking. I would not be anything if not for her, my mom, and my sibling. My love for music comes from her.

7. waltham woods rd

Adolescence. My family moved to Baltimore County, where my sibling and I went to high school for the next four years. It was a suburban neighborhood - completely different. High school was a trip because I changed so much in those years. I made friends with so many people from different walks of life. I was trying so hard to figure out who I was around this time and was failing at it. I was angrier and driven more by my emotions. I hated going to school and skipped a lot of days just to play pool and smoke cigarettes with friends. I barely passed my senior year. I was focused entirely on the band I played in. I discovered I loved guitar. I loved that band.

8. grindon ave

Young Adulthood. My bandmates and I moved in together in a house in Lauraville, a suburb just outside Baltimore City, so we could write and practice whenever we wanted. We threw house shows and provided a place for D.I.Y. artists to stay. We released an album together and went on self-booked tours. Like all good things, it eventually came to an end, and everyone moved out except me. For years, artists moved in and out of the house. More house shows. More parties. A space for a bunch of people to come by weekly and create art and music. I hosted a weekly jam session where I met incredible artists throughout the DMV. This house eventually would be referred to and remembered fondly as, 'The Grindon'.

After the band ended, I felt I had to learn how to make music on my own. Around this time, I got my start producing and engineering with a cracked Ableton file gifted to me from a dear friend. I hosted recording sessions and learned how to record artists and instruments. I grew attached to this house. I made amazing friends through this house; friends I hold dear to this day. From these years, I met the woman who eventually would become the love of my life and now, my wife. I learned a lot about myself through this house. I learned a majority of my skills in this house. I proudly failed more times than I succeeded while living in this house. I am grateful to be able to say that house was my home for a time. Like all good things, living at The Grindon eventually came to an end. I moved out of that home and into an apartment on N. Calvert St.

Additional Credits

Cover Art by Mark Kent Navarro

Recorded in Home Studio in Baltimore, MD

Instruments Performed:

Ableton Suite 11, Tascam Portastudio 488mkII, Fender Mustang Pawn Shop Special, Fender Stratocaster, Hohner Fretless J Bass, Kent Electric Bass, Lehle Volume Pedal, Diamond Compressor, Meris Enzo, Behringer Super Fuzz, Earthquaker Devices Westwood, Chase Bliss Warped Vinyl, Line-6 DL4 mkII, Universal Audio Dream 65', Universal Audio, Golden Reverberator, Sekova Classical Guitar, Moog Grandmother, Teenage Engineering OP-1, Roland JD-XI, Post-War Design Tingle