Added periodic send of heart-beat command to base motes

At fir, near and far, crontab will now run rserial to send a "hb" followed by a CRNL to the base mote every 4 hours. at 00:00 UTC, 04:00 UTC, etc:

0 */4 * * * echo "hb"\$'\r'\$'\n' | rserial /dev/ttyS1 localhost > /dev/null 2>&1

The base motes are on ttyS2 at flr, ttyS1 at near and ttyS7 at far.